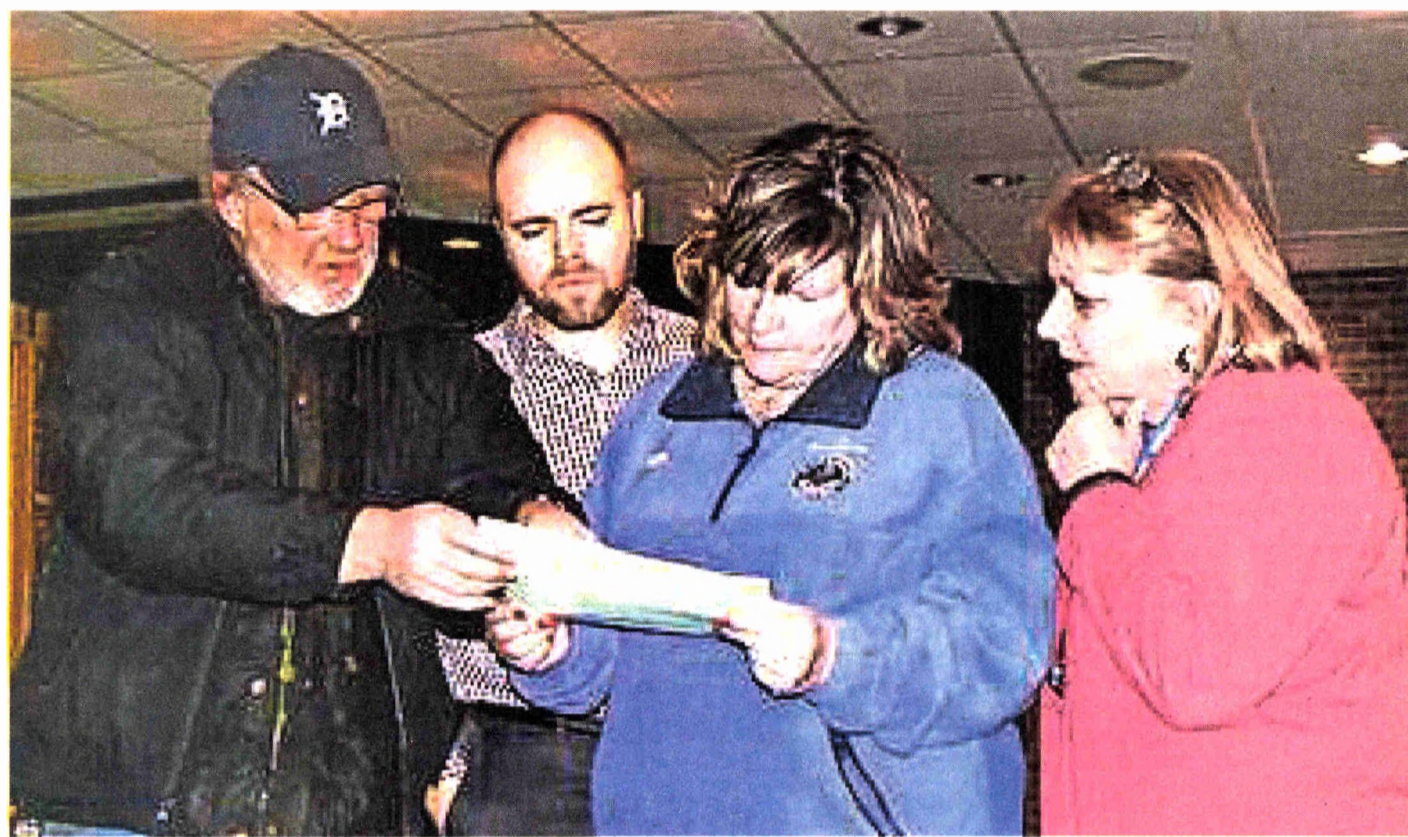


PLYMOUTH OBSERVER

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CROSS TRAINING FOR ALL FITNESS LEVELS
HEALTH, B6



Plymouth City Commissioners (from left) Ed Hingelberg, Oliver Wolcott and Colleen Pobur, plus Nancy Anderson from the city clerk's office, look over voting results in February, when voters narrowly defeated a proposal for a public safety tax that would have paid for extra police officers.

Plymouth lands on list of state's best places

Matt Jachman
Staff Writer

The city of Plymouth has made the latest list from www.homesnacks.net of Michigan's best places to live.

The city placed sixth on the list, which the HomeSnacks site says was put together using available data on seven key factors, including crime rate, population density, the median income adjusted for the cost of living and education as measured by per-student spending and student-teacher ratio.

Other measurables considered in the ranking were home prices, the unemployment rate and the weather. The "listicle" — that's a combination of "list" and "article" — by HomeSnacks author Chris Kolmar ranked a total of 176 Michigan communities.

HomeSnacks, based in Durham, N.C., says its goal is to create "bite-sized snacks of regional infotainment" using "data, analytics and a sense of humor."

An affiliated site, www.roadsnacks.net, listed Plymouth as the third snobbiest place in Michigan last summer (a ranking with which people in town took issue, according to our unscientific survey).

On the best places list, Plymouth was ranked behind Northville, which was fifth, and ahead of, among the top 10, Novi, Huntington Woods, Troy and Clawson. The top four places to live, in order, were East Grand Rapids, Royal Oak, Birmingham and Berkley.

Wes Graff, president of the Plymouth Community Chamber of Commerce, said Plymouth's high quality of life and emphasis on high technology put the city on the list.

"It's great to see Northville ranked right with us," Graff said. "That complements us as well."

Also making the list, among *Observer*-area communities, were Livonia (17th), Farmington (19th), Farmington Hills (26th), Garden City (27th) and Westland (49th).

HomeSnack's Nick Johnson said the 2016 list of best places to live in Michigan is due out next summer.

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Plymouth is sixth on a list of the best places to live in Michigan.

Plymouths' political lineups changed in 2015

Matt Jachman
Staff Writer

It was a year of upheaval in local politics in the Plymouths.

Plymouth Township got the bulk of the attention in 2015, as a recall attempt against four Board of Trustees members fizzled, a long-serving township supervisor resigned and a new supervisor was named in a process that sparked controversy.

In addition, Kay Arnold, a longtime township trustee, died and a former township police officer, supervisor and trustee was named to serve the remainder of her term.

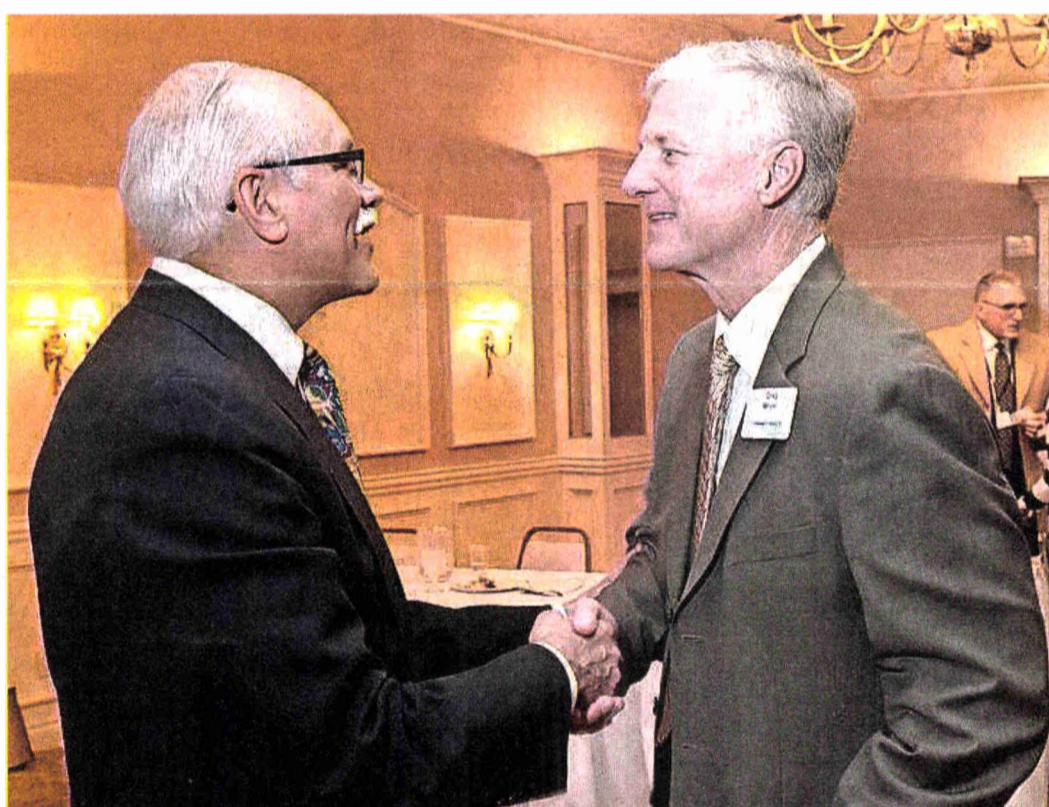
The developments set the stage for political battles to come in 2016, when township voters will have their say on the board's makeup.

But there were changes in the city, too, as voters shot down — by just 44 votes — a proposal for a public safety tax, a city commission member resigned and was replaced and Dan Dwyer was sworn in as mayor for an unprecedented fifth two-year term.

Here's a look back at some of 2015's local political developments:

» The Recall 4 campaign in Plymouth Township, which had targeted Supervisor Richard Reaume, Clerk Nancy Conzelman, Treasurer Ron Edwards and Arnold, was abandoned early in the year.

Organizers claimed they had gathered more than enough voters' signatures on petitions that would have forced a recall election —



Richard Reaume (left), then the supervisor of Plymouth Township, is greeted by well-wisher Greg Meyer of Consumers Energy after a March luncheon. Reaume had announced his resignation and retirement, which were effective April 6.

about 3,200 were needed for each officeholder — but that the signatures were not gathered within a mandated 60-day period.

The group had been unhappy with board decisions favored by the four and said residents' options were not being heard.

» In Plymouth, a plan for a dedicated public safety tax of up to 1.5 mills, or \$1.50 for every \$1,000 of a property's taxable value, was defeated in February, 594 votes

against to 550 in favor. Plymouth officials nevertheless added a 16th officer to the city's police force early in the year; the public safety tax would have paid for a second additional position.

» Reaume, township supervisor since November 2004, announced his resignation in mid-March, making it effective April 6. He was in the midst of his third term.

He denied that public criticism and the pressure of the recall drive had influ-

enced his decision, saying that he was retiring. The then-65-year-old moved immediately to Florida, where he had been spending time.

» Reaume's departure sparked an eight-way scramble to replace him through a board appointment: Hopefuls included Trustees Bob Doroshewitz and Chuck Curmi; Ray Byers, a retired Ford Motor

See 2015, Page A2

Time to nominate families to benefit from annual SJ5K

Joanne Maliszewski
Staff Writer

Walking or running or just being a sponsor in the sixth annual SJ5K is about helping local families who are in a medical crisis and require help with finances or just some good moral and emotional support.

Hosted by the Plymouth-Canton Educational Park's

National Honor Society, SJ5K was started in 2011 and typically draws a couple of thousand walkers and runners, said Charlotte Clark, a Plymouth High School senior and this year's event coordinator.

The event boasts the tag line: "Be the help. Be the hope. BE THE HERO."

The first 2011 event was



See SJ5K, Page A8 The popular SJ5K race and fundraiser is planned for May 2.



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2015

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Co. executive and former Wayne County official; and state Rep. Kurt Heise, R-Plymouth Township.

Ultimately, the board voted 4-2 on April 2 to appoint Shannon Price, a Republican Wayne County Commission member who had just begun a second two-year term. The move was controversial, as Price had moved to the township from Canton Township just two months earlier and critics said the outcome had been fixed and the vetting process had been just for show.

Price will serve the remainder of the term held by Reaume, which expires in November.

» Later in April, Joe Barone, an attorney and Plymouth Township resident, was named to replace Price on the Wayne County Commission.



Bogenrieder



Arnold



Barone



Mitchell



Mann

Barone's 10th District is made up of the city of Plymouth and Plymouth and Canton townships.

» The June appointment of Mike Mitchell as Plymouth Township's director of parks and grants caused an outcry by board critics, who said favoritism had gotten him the job. Mitchell was an aide to Price while he was a county commissioner and the \$60,000-a-year parks and grants job was created shortly after Price became supervisor. Mitchell supporters said the township's recre-

ation facilities, which have been undergoing a multimillion-dollar makeover, needed full-time attention, that the township needed to take better advantage of grant opportunities and that Mitchell's background suited him for those jobs.

» In August, Plymouth voters went to the polls in the first city primary in several election cycles, narrowing a field of nine candidates to the eight who would appear on the ballot in the November general election. Suzi Deal, a businesswoman and Planning Commission member, was the top finisher, as she was in the general election.

» In September, Doroshewitz and Chip Snider, the Northville Township supervisor, exchanged tersely worded emails over a Northville Township official's involvement in helping Plymouth Township officials review proposals from firms vying for a contract to update the open space and recreation plan.

"Our recreation strategy is an internal matter and I respectfully request you remove your nose from it," Doroshe-



Judge Ron Lowe (left) of 35th District Court swears in Dan Dwyer for a fifth term — the fourth consecutive — as Plymouth's mayor.

witz wrote in one message.

"What you define as 'interference,' I define as working in partner (sic) ship," Snider said in another message.

» Also in September, Heise, who is term-limited in the Michigan House of Representatives, announced that he would be running for Plymouth Township supervisor in 2016.

Challenging Price, Heise promised a change in direction and greater openness to the public. A former Wayne County official and longtime municipal lawyer, Heise was elected to the state House in 2010.

Price has not announced whether he will seek election to a full term as supervisor.

» In October, Plymouth Township lost Kay Arnold, a trustee since 1992 and a planning com-

mission member since 1996, following a brief illness. She was 76.

"When you see Plymouth Township, you see Kay Arnold. Her influence on the community will be felt for a long time," Price said at the time.

» Later in October, trustees voted to appoint Steve Mann to fill the remainder of Arnold's term, which will expire in November. Mann, an attorney, is a former township police officer and 12-year board member, serving as supervisor for four of those years. He has said he will not run for the board in the 2016 election.

» In November, city commission incumbents Colleen Pobur, Dan Dalton and Mike Wright were elected to new terms, while Deal, the top finisher, also gained a commission term. Deal

replaced Ed Hingelberg, a seven-year commission member who had not sought re-election.

The new commission, once Deal and re-elected members were sworn in, then named Dwyer to a fifth two-year term as mayor. Commissioner Oliver Wolcott was named the mayor pro-tem.

» The city commission also had to replace one of its own after Diane Bogenrieder, who had first been elected in 2011, resigned Nov. 2, midway through a four-year term.

The six remaining commissioners appointed Joseph Valenti, a 32-year resident and five-year Downtown Development Authority board member, to the remainder of Bogenrieder's term.

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Friendship Station opens for new programs this month

The Plymouth Community Council on Aging is excited to announce that beginning January 2016, the Friendship Station Senior Center, 42375 Schoolcraft, will be open for new programs from 9 a.m. to 3 p.m. Monday through Friday for the entire senior community from the city of Plymouth and Plymouth Township. Upcoming programs

and events will include Chair Exercise, Free Wii Bowling, Knitting & Crocheting Class, Craft Classes, Free Drop in Game Day, Senior Cardio Fitness and Senior Yoga. In addition to the new programs, the center will offer free monthly bingo beginning Feb. 16.

Presently, the Community Senior Transportation is at the Friendship Station. The

center will offer Focus Hope distribution and a newly created food pantry.

The PCCA business office is in Plymouth Township Hall, 9955 N. Haggerty Road. The business office will continue to handle and help seniors and their families with daily concerns and resources for senior housing, home care, legal assistance refer-

rals, medical equipment loans and Medicare resources. The PCCA also provides, on an ongoing basis, health and wellness presentations and plenty of social programs.

For more information and a calendar of dates and times and information on membership, call 734-354-3222. For transportation information, call 734-459-8888.



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A journey of discovery to mystical Thailand

My first impression of Bangkok, the capital and largest city in Thailand, was of a sprawling, modern city, complete with skyscrapers, expressways, mass transit systems and most of the other accoutrements common to world-class cities. But a walk outside our hotel the day after our late-night arrival revealed another complex world throbbing with activity, where daily life is lived on the streets and sidewalks. We were bombarded by strange sights, sounds and smells of an Asian city whose inhabitants eat, drink, socialize and conduct business outdoors throughout the year, given the average temperature ranges from a high of 100°F to a low of 66.

This was our eighth trip with Overseas Adventure Travel and the starting point of a month-long journey to Thailand and Vietnam.

Thailand, formerly known as Siam (made famous as the setting for the movie *The King and I*), is about the size of Spain, with 66 million inhabitants. It is located in the center of the Indochinese Peninsula and is currently governed by a military junta that took power in a coup in 2014. Its monarchy is headed by King Bhumibol Adulyadej, whose image is everywhere throughout the country. He has reigned since 1946 and is the world's longest-serving head of state. The primary religion is Theravada Buddhism, which is practiced by about 95 percent of the population, the highest percentage in the world.

Our journey of discovery began with a walk to a local flower market, where long-stemmed plants are transformed into beautiful floral garlands to be offered at the many Buddhist temples. Bangkok, once known as the Venice of the east, is intersected by numerous klongs or canals and we became part of the city's lifeblood aboard one of its famous long boats. While on our water-borne tour, we stopped to see the Royal Barge Museum, where a fleet of ornate teak and gold vessels, once reserved for royal processions and grand ceremonies



Jay Young
GUEST COLUMNIST

along the Chao Phraya River, are preserved.

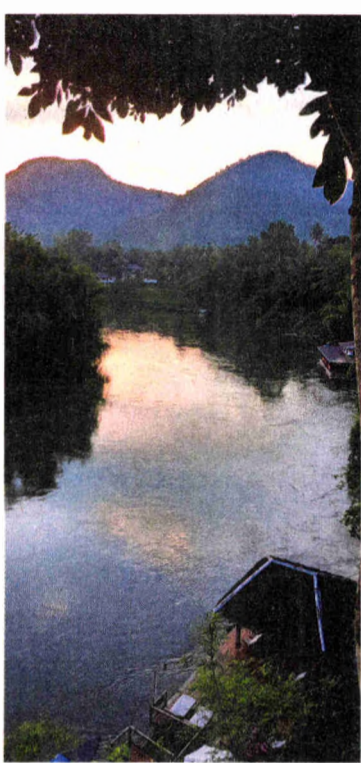
Also along the banks of the river is the Grand Palace, a sprawling compound of ceremonial halls, gilded spires and ornate buildings. The city's defining landmark since 1782, the focal point of the palace, is the Emerald Buddha. Carved out of jade and adorned with gold, it is the most revered image of the Buddha in Thailand.

The next day, we journeyed north to a floating market, where vendors sell everything from cooked food, fruits and vegetables, even clothing from narrow wooden boats along a crowded canal. Continuing north, we entered Kanchanaburi Province, a green region where the riverside scenery belies its dramatic history portrayed in the film *The Bridge on the River Kwai*. It was here during World War II that about 60,000 Allied POWs and 200,000 Asian conscripts were forced to build a 260-mile long railway following the River Kwai through Thailand to Burma. Working under abominable conditions, it is estimated that 38 POWs perished for every half-mile of track laid.

We stayed for two nights at Hintok River Camp, a tented compound built on the site of a former POW encampment. While there, we visited Hellfire Pass, so named because many prisoners lost their lives here struggling to build one of the most difficult sections of the River Kwai Railway.

Continuing north, we visited kindergarten students at a local school; prepared our own lunch with villagers at a farm cooperative; boarded a large traditional rice barge sailing past farmers tending their small fish farms from their floating raft houses; and even sampled barbecued rat, a local delicacy.

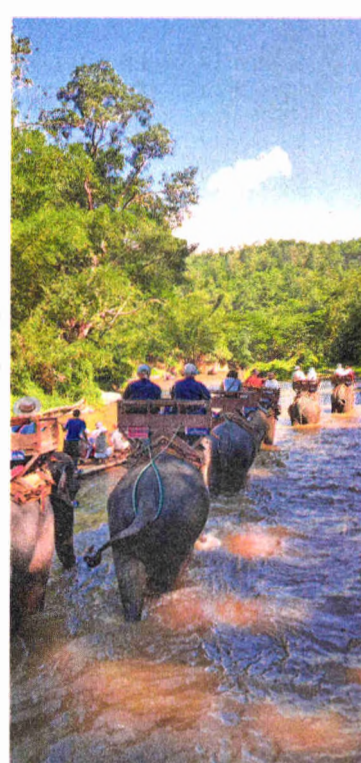
At our next stop, we explored the 13th century Sukhothai (Dawn of Happiness) ruins, the kingdom's largest



A view of the River Kwai from the Hintok River camp. It is peaceful now, but was the site of brutal conditions for Allied prisoners of war forced to build a 260-mile long railway by the Japanese during World War II.



A scene at the floating market of Damnoen Saduak north of Bangkok, Thailand.



Trekking down a jungle river on the backs of domesticated elephants near the Mae Taman Elephant Camp in northern Thailand.

cache of historic shrines, temples and palaces and the geographic and spiritual center of the country. It was here its most famous king is credited with inventing the beautiful Thai script, as well as helping spread Buddhism and developing relations with China.

Heading north, we arrived at Chiang Rai, gateway to the infamous Golden Triangle, once the domain of opium warlords. After the government introduced more viable crops, tourism has become a preferable alternative to drug smuggling and the local people now seek to preserve their own unique customs, the most famous being the Karen tribe. Called the "long necks," the women wear golden rings on their necks that push down their collar bones, making their necks elongated. Perceived as a mark of beauty, this peaceful tribe lives in compact huts, wears traditional clothing and practices a way

of life that has changed little over the centuries.

Our journey ended at Chiang Mai, the principal city of the north and a major cultural and premiere craft center. The city's medieval walls encircle some 36 temples. While in Chiang Mai, we spent a day visiting the Mae Taman Elephant camp. The elephant is Thailand's national symbol and is often seen on banners or flags. Although there were 100,000 domesticated elephants in Thailand in 1850, the population has dropped to an estimated 2,000 and there are now more elephants in captivity than in the wild. We trekked through the jungle on the backs of these gentle giants, followed by a float downstream on small bamboo rafts.

Our last day in northern Thailand was spent visiting the most magnificent of the city's temples high atop a mountain overlooking the city. Reached by climbing 306 stairs, flanked

by snarling naga serpents whose tails coil up to the temple, the complex is a scene of intricately carved and gilded stupas or votive cone-shaped monuments.

Our visit to this amazing country was truly enlightening and magical in so many ways. But perhaps the most telling indication of the gentleness and peaceful nature of this Buddhist-infused culture was the wai, or traditional Thai greeting, whereby hands are pressed together, fingertips pointing upward as the head is bowed, with the greeting "sawatdi khrap" (men) or "sawatdi kha" (women). That gesture says it all; a sign of respect and reverence for one another, even curious western tourists.

Canton resident Jay Young is former director of community relations for the Livonia Public Schools. Retired in 2007, he likes to travel and do volunteer work in various places in this country and around the world.

Special Observer & Eccentric Reader Offer 2016 Should Be Your Last Year with Back Pain and Sciatica



By: Sam Potter
Health Correspondent

IF YOU suffer from low back pain and sciatica, you are one of over 20 million adults in the USA with this often crippling spinal condition.

Shooting, stabbing and burning pains from the low back, sometimes with additional pain through the buttocks and down the legs are all symptoms of a pinched nerves often called "sciatica".

In severe cases, it can lead to muscle wasting, numbness and constant tingling down to the tip of the toes. Left untreated, the intense pain can rapidly wear you down and drain the joy out of life.

That is, until now...

Recent advances in the treatment of sciatica and lower back pain have led to the development and huge success of Non-Surgical Re-Constructive Spinal Care.

The excellent results of this treatment have been published in major medical journals. With success rates as high as 90% some back surgeons recommending their patients try this treatment first before having back surgery.

In Livonia, you can try Non-Surgical Re-constructive Spinal Care at the Kramer Chiropractic – the office low back pain and sciatica relief expert Dr. Gregory Kramer.

Gregory and his team of fully trained spinal care specialists have helped over 3,000 patients find relief from their agonising spine based problems.

According to Gregory, "We use a combination of ultra-advanced technology, not found elsewhere in Livonia, for precisely diagnosing the cause of your low back pain and sciatica; and a unique programme for reconstructing the damaged area causing the pain; this means superior long-term results for most people."

Because the treatment is non-surgical, safe and easy, most patients report an almost immediate relief from their pain.

Patient Sister Marie from Dearborn says,

"I could not walk, stand, sit, work, sleep for 7 or 8 months!

I was given various drugs but many I was allergic to and the others only lasted a hour and then pain returns again.

Dr. Kramer has restored my health and allowed me to work and live healthy!

Thank god I called your number It's like a miracle to me.

Your invitation for a comprehensive consultation and examination to pinpoint the cause of your low back pain and sciatica...

The Observer&Eccentric has teamed up with the spine therapy specialists at Kramer Chiropractic, to help readers find relief from their persistent back and sciatic pain.

All you have to do to receive a thorough diagnostic examination with the most advanced technology in the world and a comprehensive easy to understand report on your state of health is call 248-615-1533.

Mention this article (CODE: BOS37SCID5) and Greg will happily reduce his usual consultation fee of \$195 to just \$37. But hurry, due to obvious reasons – this is a time limited offer – with only 100 reader consultations available at this exclusively discounted rate.

My advice, don't suffer a moment longer...

Find out if Non-Surgical Re-Constructive Spinal Care can help you, book a consultation with Greg and his team now by calling 248-615-1533, they are waiting to take your call today.

They actually treat the cause of your health problem, not just your symptoms.

That's why hundreds of grateful patients tell them "You gave me back my life!"

Over the years, they've treated thousands of patients with back problems and sciatica. The vast majority of them have enjoyed superior, lasting relief. In fact, many who've suffered and have tried other remedies have told them they gave them back their lives!

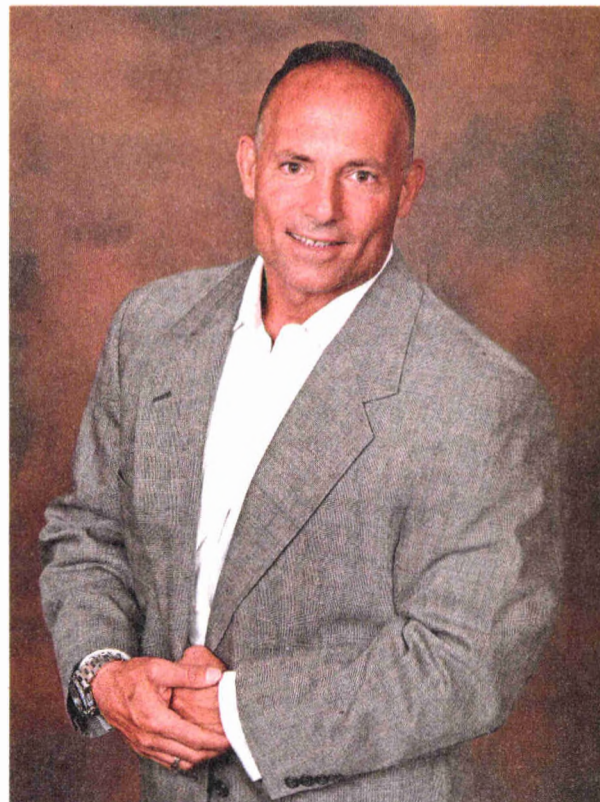
Call them now and get a full and thorough examination to pinpoint the cause of your problem for just \$37, the normal cost of such an exam is \$195 so you will save \$158!

Don't suffer from the pain and immobility any longer. Discover the natural treatment that can eliminate the cause of your problem and give you the safe, lasting relief you deserve.

Call them now on 248-615-1533 and cut out or tear off this valuable article now and take it to your appointment. You'll be entitled to a comprehensive examination to diagnose the cause of your problem – and you'll be on your way to safe, lasting relief! Don't delay your important diagnosis and treatment another moment!

You can even call on the weekend and leave a message on their answer machine to secure your spot as they promise to return all calls; and during the week they are very busy, so if they don't pick up straight away do leave a message.

All Federal Guidelines Are Followed



Sciatica Relief Expert Greg Kramer, says: In 20 years of practice, I've never seen a treatment as effective as Non-Surgical Re-Constructive Spinal Care for patients with sciatica or lower back pain.

Eagles for Children raises funds for charity



Eagles for Children has helped Camp Casey for kids.



Eagles for Children has raised a total of \$552,006 to help charities.



Eagles for Children has provided funds for the Miracle League.

This time of year we see those famous red kettles at every doorway. Our mail includes year-end appeals from various charities all looking for ways to increase their budget so that they can continue to do good work in the community throughout the entire year. Our phones are ringing with volunteers asking us to dig a little deeper to help those in need. All fantastic charities.

So what makes Eagles for Children different? Everything. We don't solicit households for donations. We don't pay staff with the donations. We approach a very select group of people with a very

strong passion: golf.

The idea of using one great moment on the golf course, "an eagle," to benefit thousands – or potentially millions of children in need, inspired Hal Zaima and Don Kegley, friends and life-long golf enthusiasts, to test the Eagles for Children program at Oakland Hills Country Club in 2012.

Three other area clubs agreed to join, and by the end of the season, the clubs had raised nearly \$40,000, which was awarded to 14 different children's charities in the Detroit area.

The Eagles for Children concept is simple: Each country

club member pledges to donate a minimum of \$2 for every eagle scored by members and their families at their club. And every penny of every dollar raised goes straight to local children's charities.

With Eagles for Children's stunning inaugural success, Zaima, Kegley and other committee members are working closely with clubs in an effort to expand the program across Michigan and the U.S.

Now, after the completion of the fourth year, Eagles for Children has expanded to seven clubs. These seven clubs celebrated 278 eagles during the 2015 season. So they were able

to present 38 individual grants to local children's charities that equal \$219,861. The group celebrated with nearly 100 guests at Oakland Hills Country Club to present the local charities with their checks. The seven clubs enrolled in the program are: Oakland Hills Country Club, Walnut Creek Country Club, Pine Lake Country Club, Country Club of Detroit, Western Golf & Country Club, Red Run Country Club and Detroit Golf Club. For the complete list of this year's children's charities, go to www.eaglesforchildren.org/charities/.

"This year — in just four short golf seasons — the fledg-

ling nonprofit has raised a total of \$552,006, one eagle at a time, said Beth Meade, executive director. "It is an amazing accomplishment that this can be done in just a few short months, playing a game the club members love that is changing the lives of the children in our local community."

Eagles for Children is fun, it's simple, it builds camaraderie on the course — and it's changing lives.

For more information or to discuss a club that you think may be interested in participating in the Eagles for Children program, contact Meade at bethanmeade@sbcglobal.net.

Consider Canton foundation for year-end giving

While the hustle and bustle of the holiday is now behind us, many are still thinking of how to help those in need. As we all know, there is no "season" for those experiencing difficulty. Throughout the past year, you may have been blessed with additional resources — both expected and unexpected — and you may be looking for ways to share a portion with charities. And with the year coming to a close, your tax adviser will

typically recommend that you make charitable contributions by year end to offset any tax liability that you may incur.

While giving money to charity may seem like an easy task, many individuals find it difficult to make large charitable contributions to organizations without clearly understanding the use and purpose of their gifts. They want to be good stewards of their money and want to be

sure that their contributions are used for good, impactful purposes in the community in which they live.

One solution: A donor-advised fund set up through the Canton Community Foundation. By establishing a donor-advised fund, you may contribute the amount desired to offset tax liability and make gifts to charities at the same time. These funds may be invested according to your specific grant-making goals.

For more than 25 years, the Canton Community Foundation has been connecting local resources with community needs by providing grants to help others. By working with experts, the foundation is able to leverage your funds to make a greater impact in the community.

This year, the foundation was able to grant more than \$105,000 to local nonprofit agencies, including Michigan Paralyzed Veterans of Amer-

ica, Plymouth-Canton Community Schools, First Step, Open Door Ministries, Miracle League of Plymouth and Canton Goodfellows, to name just a few.

For more information about establishing your own tax advantageous donor-advised fund or donating to an existing fund at the Canton Community Foundation, contact Beth Meade at 734-495-1200 or bmeade@cantonfoundation.org.

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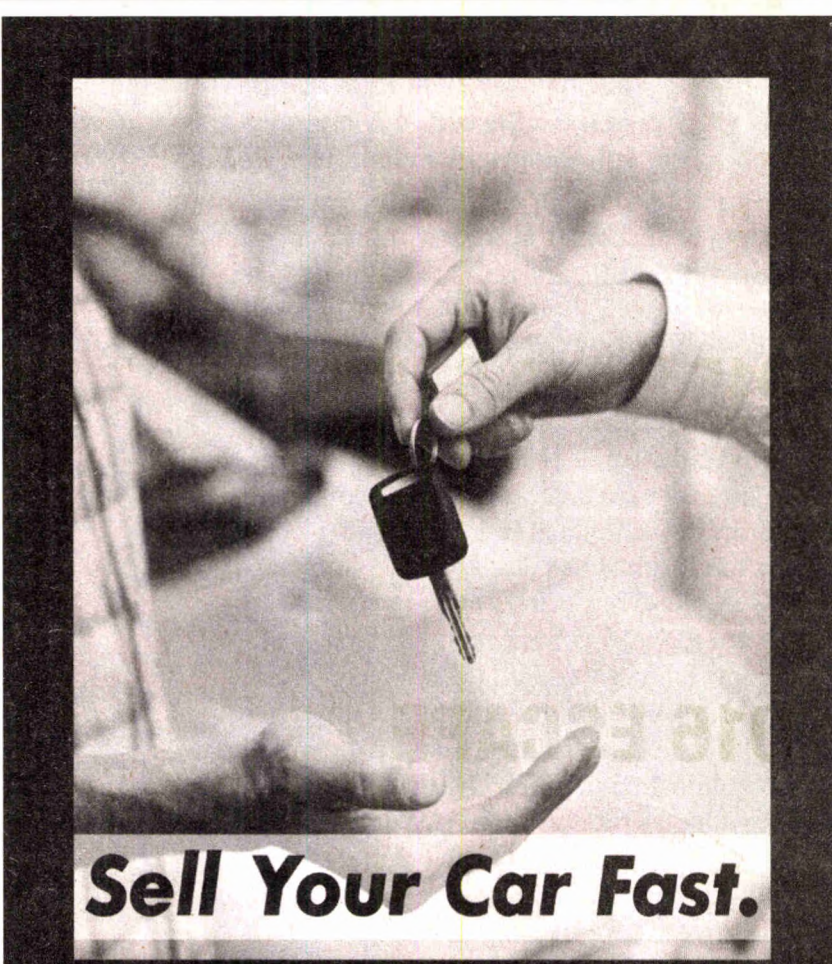
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Getting your personal finances in order a priority

Q: My New Year's Resolution for 2016 is to get my affairs in order. I realize I can't do everything at once, so I want you to help me set some priorities as to what I should be doing first. I'm in my mid-50s and divorced with two children. I am estranged from my children and I have no further financial obligations to them or my ex-wife. I have been able to save money over the last few years and I have more than \$100,000 in my checking account. Through my job, I have a 401(k), but it's all sitting in cash. Obviously, I have not done anything with my investments, nor have I done anything from an estate planning standpoint. In fact, when it comes to my finances, basically, I



Rick Bloom
MONEY MATTERS

have done nothing. I know myself and I can only tackle so much at once. So, my question is, knowing that I haven't done anything from a financial standpoint, what should I do first?

A: Happy New Year! I think it's great that you've decided to get involved with your finances. As far as I'm concerned, you shouldn't beat yourself up over what you could have done; you should look forward to what you can and will do.

In looking at someone's personal financial affairs, I believe there

are a variety of different areas that people need to be concerned with: estate planning, taxes, risk management, investing and debt management. All five of these areas are important. In regard to your particular situation, the first thing to tackle would be your investments.

Currently, your portfolio is all in cash, which is certainly not productive. The key is to develop a balanced and diversified portfolio based on your goals and objectives. My view is that it probably would be best to sit down with someone professionally. Of course, you can't hire just anyone.

It's important when you retain the services of a professional financial adviser that you recognize there are different

types. One of the easier ways of breaking them down is how they are compensated. Advisers either work on a fee-only basis, a commission-only basis or a combination of both. I believe the great majority of people ought to take the conflict of interest out of the equation and only deal with fee-only advisers. When commissions enter into the equation, there is a conflict of interest. Are they recommending this product because they receive commissions and sales incentives or because it is a good product for you? Of course, the key to hiring a good financial adviser is knowing you can trust them and feel comfortable enough to discuss your individual situation with them.

Once you have your

investments going in the right direction, I would then make sure you do an estate plan. You need to determine how your assets are to be handled upon your death. In addition, you should have medical and durable powers of attorney so that someone can act on your behalf if you are unable to do so.

Once you have your investments and your estate planning done, the next step would be to look at the area of risk management. Risk management could include things such as shopping your homeowner's and automobile insurance policies around and also re-looking at your life insurance needs.

In the old days, personal financial planning was not a major issue, because we did not have

the options we have today. Today, personal financial planning is something that you cannot put on automatic pilot. You have to spend some time on a regular basis making sure you keep your house in order. I recognize sometimes that can be boring and dull. However, one of the benefits of being involved with your finances is that you will be more efficient with your money and, as a result, you'll have more money in your pocket — exactly where it belongs.

Good luck!

Rick Bloom is a fee-only financial adviser. His website is www.bloomassetmanagement.com. If you would like him to respond to questions, email rick@bloomassetmanagement.com.

Prepare car for winter to stay safe in challenging conditions

Recently I was able to attend a play at a local school here in the area. The name of the play was *Snow Way Out*. It was a fun play, and the kids did an excellent job of singing. However, the play was about people waiting for the snow to come. They talked about all the fun they could have in the snow, sledding, skiing, building snowmen, but "Old Man Winter" was taking his time getting there. Of course, the play ended with "Old Man Winter" arriving in the nick of time with a nice pleasant snowfall. What a nice simple play.

It made me think though — it doesn't just snow in Michigan. It sneaks up on you, and then faster than a Ronda Rousey roundhouse kick, it tries to knock us out — just like the storm we had already in November. Winter dumps on us



Sgt. Michael Sura
ASK A TROOPER

and then it freezes us with the sun. Bright sunny days with below-zero temperatures — do you remember last year? And don't forget the wind adding to the feeling of numbness to the face and hands. Frozen windshields, drive ways full of snow, power lines with ice hanging off them causing power outages. "Old Man Winter" and his friendly snowfall, I don't think so! But we are Michiganders, we can take it. If you haven't done this already, make sure your vehicle is ready for the cold.

Have your radiator system serviced before winter and make sure to replace windshield wip-

ers and wiper fluids with wintertime mixtures that won't freeze. Replace any worn tires and check the air pressure regularly. Have your brakes, brake fluid, oil, car battery, heater and exhaust checked to make sure everything is running efficiently. Keep an emergency preparedness kit in your vehicle stocked with batteries, a battery-powered or hand-crank radio, flashlight, windshield scraper, jumper cables, mobile phone charger, shovel, blankets, first aid kit, non-perishable food and bottled water in case you get stuck or stranded. Oh yeah, one last thing, don't forget to slow down. That right there may help keep you out of the ditch or an accident. Reducing speed allows your wheels to have more time on contact and maintain fric-

tion to the roadway. There is no place you need to be, that you can't get to safely.

Well, that is all for this year — look for me again in the paper in January. I want to take just a moment and say, "Thank you," to everyone who submitted questions and kind words this year. I am glad so many enjoy reading the "Ask A Trooper" column. I enjoy answering the questions and look forward to continuing to answer your questions next year. I hope everyone has safe travels where ever they go this holiday season and may the new year be a good one for you.

If you have questions or comments email them to askatrooper12@gmail.com, or mail them to Ask A Trooper, Michigan State Police Brighton Post, 4337 Buno Road, Brighton, MI 48116.



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COURTESY OF VARSITY LINCOLN

Certified 2014 Lincoln MKZ.

Celebrate the New Year with a new Lincoln from Varsity Lincoln in Novi!

Get the Varsity Advantage! Varsity Lincoln of Novi is gearing up for the new year with a HUGE Certified Pre-Owned vehicle sales event.

Visit Varsity Lincoln for the 3-day event during the following dates and times:

- » 8:30 a.m. to 9 p.m. Monday, Jan. 4
- » 8:30 a.m. to 6 p.m. Tuesday, Jan. 5
- » 8:30 a.m. to 6 p.m. Wednesday, Jan. 6

Right now, Varsity Lincoln is also offering a Complimentary Maintenance Plan for Certified Pre-Owned Lincoln vehicles. This includes an oil change, tire rotation and multi-point inspection every 7,500 miles for 1 year/15,000 miles.[^]

In addition to service specials, more than 100 Certified Pre-Owned vehicles are on-site and ready to go. Certified Pre-Owned Lincoln vehicles are available for as little as \$7,995.*

Varsity Lincoln is number one in pre-owned sales glob-

ally. Come find out why. An astounding 540 Certified Pre-Owned vehicles were delivered in 2014 at Varsity Lincoln.

The dealership has held the honor of highest volume sales dealer globally since 1997.** Varsity offers a newly remodeled showroom, indoor delivery area and service reception aisle. Varsity Lincoln works to make their customers feel number one.

Varsity Lincoln recently celebrated their 20th anniversary and won six prestigious automotive awards. They encompass the Triple Crown Award, Lincoln Leaders of Excellence, President's Award, Ford One Hundred Club, CPO Sales Leadership and Premier Club.

"Certified Pre-Owned has a wonderful warranty...it goes up to 100,000 miles on the warranty," said long-time Varsity customer John Kilby.

Certified Pre-Owned Lincoln vehicles come with many

benefits including:

- » A meticulous, 200-point inspection by factory-trained technicians
- » 6-year/100,000-mile comprehensive warranty coverage
- » Complimentary 24/7 roadside assistance

"To get a Certified Pre-Owned that comes with warranty, definitely get quality checked, that's important, especially with two girls in college," said five-time customer Julie Wilk.

"There are numerous benefits of purchasing a Certified Pre-Owned, including the outstanding warranty that comes with the vehicles," said Jere Law, Varsity Lincoln's General Sales Manager and Pre-Owned Director. "The 100,000-mile free bumper to bumper warranty that comes alongside all Certified Pre-Owned purchases is better than a new car warranty! Additionally, any time the vehicle is in for a service visit, you can receive a loaner for no cost exclusive-

ly at Varsity Lincoln!"

"The warranty is key. With Certified Pre-Owned, you get the best from Varsity Lincoln," Law said. Certified Pre-Owned financing is available for as low as 0.9% APR.***

"Leasing or buying from the number one dealer in the country gives you the best selection, price and service," Law said. "Our dealership is ready to assist customers with anything, whether it is special financing or a specific request. We can handle every unique situation."

"Loaded with features, a Lincoln will satisfy any customer," Law explained. "Certified Pre-Owned vehicles not only provide peace of mind on the road, but also provide a combination of sportiness and luxury," Law said. "Drivers will also enjoy peace of mind from knowing that Lincoln vehicles will hold their value," Law said. "Any depreciation has already been taken on by the previous owner. Plus, ad-

vanced styling and dependability add to a Lincoln vehicle's value."

This dealership provides The Varsity Lincoln Advantage. Varsity Lincoln team members are selected based upon their unwavering focus on customer care and satisfaction.

"Our customers speak for themselves and how their experience is. When you read the reviews our customers write online, you can see how happy they are, before, during and after the sale," Law concluded.

* Subject to availability. See Varsity Lincoln for details.

**Based on 11/2015 Total Certified Pre-Owned Lincoln Sales Report.

***As low as 0.9% APR for up to 36 months on select vehicles for qualified customers with Tier 0-1 approval through preferred finance source. Offer subject to change at any time. See Varsity Lincoln for details.

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Praveena

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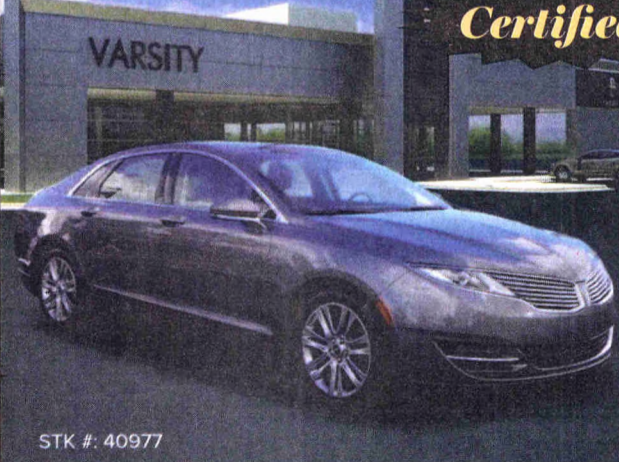
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Lawsuit filed over foreclosures throughout Wayne County

Julie Brown
Staff Writer

Dearborn attorney Tarek M. Baydoun has filed a lawsuit against the Wayne County Treasurer's Office and cities including Garden City and Wayne, alleging home foreclosures were handled improperly.

The lawsuit includes 18 families from Garden City, Redford, the city of Wayne, Dearborn and Lincoln Park. It asks the judge to issue a temporary restraining order to prevent the families from being evicted and argues the properties were illegally foreclosed on and sold to developers.

Baydoun is asking U.S. District Judge Judith E. Levy to designate the case as a class action. The cities and three development companies are also named in the suit.

A telephone hearing was held Dec. 30 before Levy in the U.S. District Court for the Eastern District of Michigan. Levy ordered a 14-day temporary restraining order for plaintiffs who have not had state-court evictions initiated against them.

The judge gave defendants until Jan. 6 to respond, plaintiffs until Jan. 11. The federal court set a preliminary injunction hearing on Jan. 13 at 10 a.m.

Baydoun, of the Meridian Law Group, said, "After just over 2 months of investigation, the evidence of collusion, conspiracy and intentional deception by the defendants is overwhelming."

Added Baydoun in a statement, "However, unlike previous challenges, which are pending in state courts, the Plaintiffs in this lawsuit allege violations of federal law and local laws that give the federal district court jurisdiction over all of their claims, as they are distinct from the claims that attack the validity of legally-prescribed methods of taxation or tax foreclosure, which the Court has found must be brought in State Court first, per the Tax Injunction Act."

Baydoun said in a statement, "This illegal taking must be identified for what it is — a thinly veiled scheme to take these families' most valuable asset — their homes, and transfer them to a greedy developer and his friends for private profit. These families' homes are at stake, and so is the integrity of County and local officials. We must get this right. As long as these families are fighting for their homes, we will be there fighting beside them."

Baydoun also questioned the procedures for notifying homeowners they were delinquent on taxes and facing foreclosure. The issue has been at the forefront of Garden City Council meetings in November and December.

Baydoun also questioned the procedures for notifying homeowners they were delinquent on taxes and facing foreclosure. The issue has been at the forefront of Garden City Council meetings in November and December.

SJ5K

Continued from Page A1

held in honor of then 16-year-old P-CEP student Jesse Lindlbauer, who suffered a traumatic brain injury. After months of planning and 100 volunteers, the first SJ5K exceeded all expectations, with more than 1,800 runners raising more than \$45,000 for Jesse's road to recovery.

After that successful event, the National Honor Society decided to make SJ5K an annual event to honor local families in need. Since its inception, proceeds from SJ5K have helped — in one way or another — a total of 14 families and raised more than \$230,000, said Beth Zavalo, Plymouth-Canton Community Schools development director.

Entry fees for SJ5K go directly to benefit local families, which are chosen by nomination. "We all pick the families together," Clark said, referring to the students who form the seven or so planning committees for the event.

Nominations for this year's recipients are open through Feb. 14 and the race is set for Sunday, May 5, at the Canton varsity football field.

"We are looking for families who live within

the Plymouth and Canton borders," Clark said. "We then call the families we have picked and meet with them," adding that ideally they are searching for two or three families.

Community members may nominate families online at <http://www.sj5k.org/nominate-a-family/>.

The honor students are hoping — as in past years — to receive sponsorships from local businesses to help families. To join the event as a sponsor, businesses can go to the SJ5K website at www.sj5k.org.

Families who were helped in the last SJ5K event include: the Watson family, the Jolivard-Parker family, the Sheehan family, the Whitlock family and the Douglass family.

Daisy Watson, now more than a year old, was born with APERT syndrome, a rare disorder that affects only one in 120,000. By the time she is an adult, Daisy will have gone through many skull, hand and feet surgeries. Within her early years, she will have undergone at least five surgeries: two cranial surgeries and three to separate her fingers and toes.

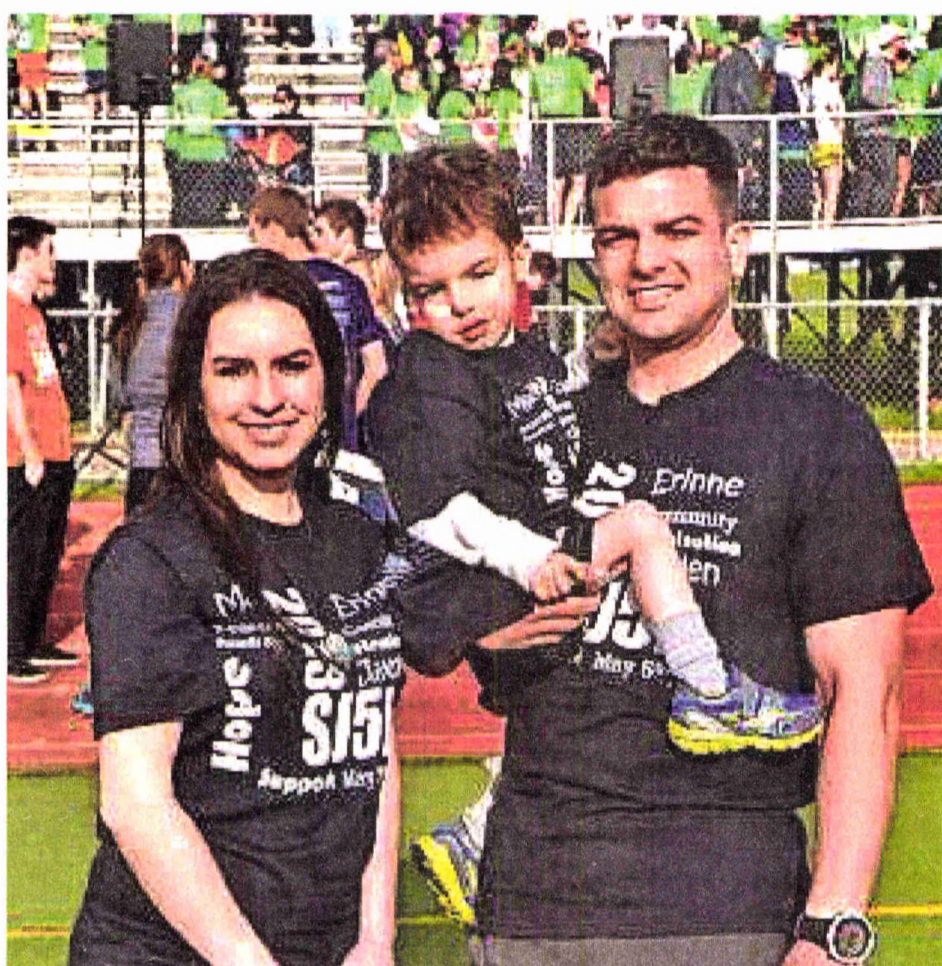
Daniel Jolivard was born in Haiti with a rare immune system disorder called HLH. He moved to

the United States to receive treatment at University of Michigan Mott's Children's Hospital. Upon diagnosis, Daniel was discharged to hospice care and was given 48 hours to live. Daniel surpassed all expectations and, as of earlier this year, the 3-year-old received a bone marrow transplant.

Zach Sheehan, now a sophomore at Plymouth High School, was diagnosed with Duchenne muscular dystrophy, a form of MD that causes muscles to degenerate very quickly, taking the ability to walk and move. Zach is wheelchair-bound and still eager to participate in all aspects of life. He was in need of wheelchair ramps and lifts to make it easier for him to get around.

Macaylah Whitlock was born deaf, with Down syndrome and leukemia. During her eight years of life, she has battled her cancer and was in remission as of April 2015. She is currently under medical care. She has four surgeries planned in the immediate future with ear, nose and throat specialists.

In July 2014, Katie Douglass, a mother of two, was diagnosed with a tumor on her vertebrae. After a successful surgery to remove the tumor and her spine



Lauren Gohl and Tim Gohl with their son Jayden, at a previous SJ5K, which raised money to provide therapy for the boy, who has hydrocephalus and is mildly autistic.

FILE PHOTO

being reinforced with titanium rods, she lost a lot of motion and strength in her hands. After four months of chemotherapy, doctors found a tumor on her liver and a spot on her lung. The spot on her lung went away. As for the tumor on Katie's

liver, doctors decided to remove 55 percent of her liver.

Helping families is what Clark and her fellow students want to do. "I was helping a friend who was working on the SJ5K. I fell in love with the cause and the race and that made me want

to be the coordinator," Clark said.

For more information or questions, go to www.sj5k.org or email sj5kcommunity@gmail.com.

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GOOD BAD UGLY Digital presentation Tickets \$5.00	CLOSE ENCOUNTERS OF THE THIRD KIND Starring Richard Dreyfuss and Teri Garr	January 8 8:00 p.m. January 9 2:00 & 8:00 p.m. Tickets: \$5.00 Don't miss this classic Steven Spielberg film on the big screen!
February 5 - 8:00 p.m. February 6 - 2:00 & 8:00 p.m. Starring Clint Eastwood, Lee Van Cleef, and Eli Wallach	Humphrey BOGART & Lauren BACALL	Jan. 22 8:00 p.m. Jan. 23 2:00 & 8:00 p.m. Tickets: \$5.00

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Pet owners find furr-ever friends at MHS in Westland

Julie Brown
Staff Writer

Ryan McTigue's home has five dogs — and a 9-month-old baby.

"We've got a busy household," said McTigue, spokesman for the Michigan Humane Society. "Luckily, our dogs are older. We run the gamut of breeds."

The family has two labs, the other dogs mixes, plus a couple of cats who now stay with other family elsewhere.

McTigue is among many animal-loving staffers and volunteers at the Michigan Humane Society, which has shelters in Westland, Detroit and Rochester Hills. He talked just after Christmas about what it takes to be a good pet owner.

"Having compassion for animals. I think that sets you off on the right foot," he said. "You certainly want to be aware of your time commitment."

Puppies and kittens

take more time and care. McTigue noted veterinary care costs such as yearly vaccinations.

"Things sneak up on you and that's going to be a financial consideration," said McTigue, a Royal Oak resident who's been with the MHS three years said.

MHS adoption counselors cover what you'll need to know and offer handouts on such topics as what to do while you're away at work in the day.

"We want to make sure people leave very comfortable with the pet they're bringing home," he said. A couch potato pet owner, for example, would be best with a dog rated by the MHS as "easygoing green." That five-point system for dogs goes up to "high-octane purple."

"Sometimes once you get them home, it ends up being a perfect fit," he said. The MHS has a 60-day adoption guarantee in which you can get

your fee back or another, more suitable pet.

"We want to make sure we're making perfect matches," he said. Some pet owners feel bad returning an animal within the 60 days; McTigue noted they shouldn't and that that gives the MHS more information for adopting out the pet elsewhere.

The color coding for energy levels in cats is being tried now in Rochester Hills only. He noted cats behave differently in a shelter: "If they're in a home environment, you get a better idea of what they're like."

He and others at the Michigan Humane Society see the impact of the local economy on pet owners. "When times are tough, people make a tough decision," he said, and may need to give up a pet.

The MHS helps with a free pet food bank for low-income pet owners, as well as low-cost vacci-

nations and micro-chipping assistance. Free straw is available for doghouses. The MHS doesn't recommend pets be outdoors in winter, but aims to help those who are.

All MHS cats adopted out come micro-chipped, with a discount offered for dog micro-chipping. When animals are turned in to the MHS as missing or strays, a chip check is done immediately to try to find the owner.

"People seem to be more focused on adoptions these days. We're very thankful for that," McTigue said.

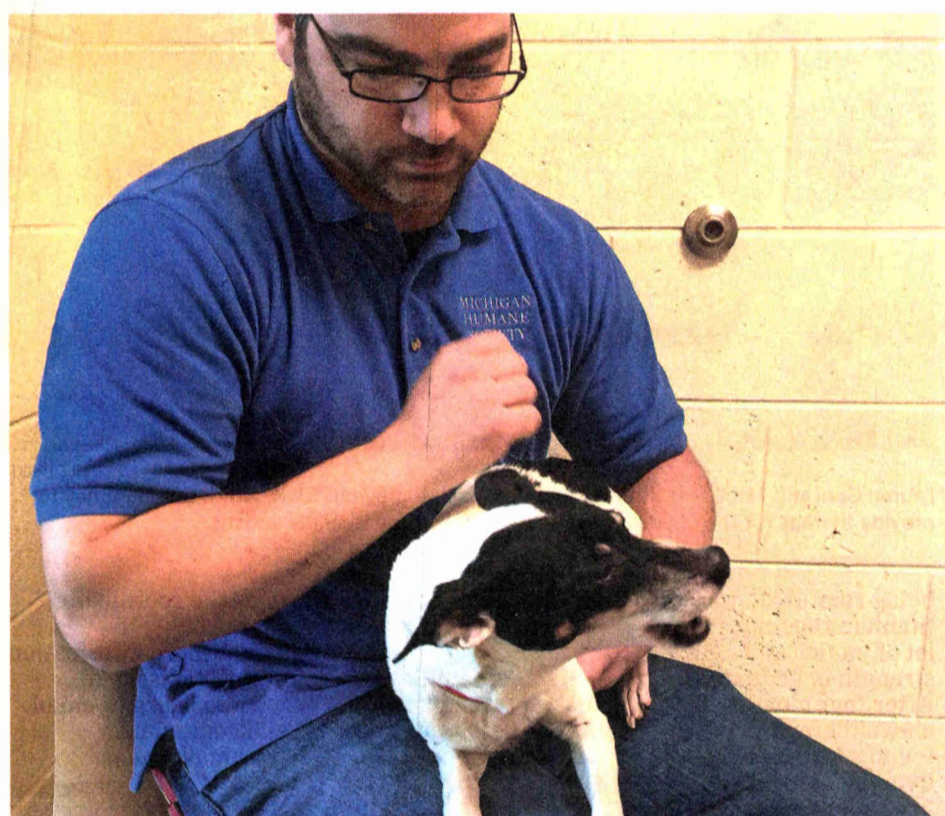
In the lobby of the adoption part of the Westland shelter is a large cutout of Detroit Lions player Golden Tate on an indoor window. Tate and his fiancée foster MHS dogs and are among area athletes who support the organization, McTigue said.



Moo, 2, a female pit bull mix, greets Ryan McTigue of the Michigan Humane Society.

JULIE BROWN

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JULIE BROWN

Katie, 4, is at the MHS Westland shelter, shown with spokesman Ryan McTigue. She's a rat terrier mix.



JULIE BROWN

Friendly feline Cali, 8, visits with the Ryan McTigue at the MHS Westland shelter.

Humane Society pets would love to live with you

Julie Brown
Staff Writer

The Michigan Humane Society's Westland shelter has "get acquainted" rooms for pet-lovers mulling adoption. On a recent wintry day, Katie, 4, a rat terrier mix, entered such a room.

"She's very sweet," said Ryan McTigue, spokesman for the MHS, which has shelters in Westland, Detroit and Rochester Hills. Katie is ranked on the MHS five-point system for dogs' energy level as "just-right orange."

Katie would be OK for a first-time owner, explained McTigue, a Royal Oak resident. Also visiting that day was Moo, 2, a female pit bull mix.

"She is very sweet, loves attention," he said of Moo, ranked as "up for it blue." Moo has more energy than some other dogs the MHS adopts out.

"Her tail just does not stop," McTigue said of Moo. He agreed many pit bulls make excellent pets based on their owners: "There are plenty of great ones."

Ginger, 1, a coon hound mix, is ranked at "orange" on the system. "It takes her a little while to warm up," McTigue said of Ginger, who was shy that day and hung back a bit.

It used to be MHS officials recommended against pre-Christmas adoptions, due to hectic homes, McTigue said research has shown such pets are no more frequently given back to the MHS.

A separate area of the Westland shelter, on Newburgh at Marquette, south of Ford, houses cats. Toronto, 5, a male



JULIE BROWN

Ginger, 1, is a coon hound mix available for adoption.

cat, was glad to leave his cage for a photo, as was female Cali, 8.

"We certainly try to match them up with what they're looking for," McTigue said of MHS pet adoptions. "We love to make sure we make those perfect matches with people."

The MHS also has for adoption other animals such as rabbits.

The Michigan Humane Society is online at www.michiganhumane.org.

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COLLEGE WRESTLING

Atienza tasting success at CMU

Former Franklin mat star goes 6-2 at Reno tourney

Ed Wright
Staff Writer

Using the full-throttled, always-on-the-attack formula that earned him phenomenal success at Livonia Franklin, Central Michigan University



Atienza

Reno, Nev., Atienza placed fourth in the 165-pound weight

sophomore wrestler Jordan Atienza is finding his groove at the collegiate ranks.

On Dec. 20 at the Reno Tournament of Champions in Reno, Nev., Atienza placed fourth in the 165-pound weight

class with a one-day record of 6-2.

With a 12-4 mark, the former Patriot has already surpassed his freshman-season win total (11).

"I'm doing a lot of the little things this season that I didn't do last year," said Atienza, when asked about his sophomore-season success rate. Every wrestler you face in

college was very good in high school, so you have to be mentally prepared before every match if you want to succeed.

"My style is the same as it's always been. I'm always on the attack. If I'm not scoring, I'm getting scored against, so I stay aggressive."

Along with the relentless

See ATIENZA, Page B2

Panthers tumble

Redford Union's boys basketball team dropped to 0-3 following a non-conference 69-40 loss to River Rouge.

"We struggled to score the ball and were dominated on the boards," RU head coach Randall Taylor said.

The Panthers were led in scoring by Eric McCarter, who poured in 17 points. Kevin Hogains also played well for the Panthers, scoring 11.

HIGH SCHOOL HOLIDAY HOOPS

SURGING START FOR CHIEFS



Canton senior guard Hamoudy Turfe pushes the ball up court during Tuesday night's victory over Orchard Lake St. Mary's.

ED WRIGHT

Canton improves to 5-0 with road win against Eaglets

Ed Wright
Staff Writer

Canton's basketball team went through a denial phase during the final three quarters of Tuesday night's holiday-break showdown at Orchard Lake St. Mary's.

More often than not, when the Eaglets attacked the cylinder, they were denied by the Chiefs' don't-give-an-inch defense, which proved to be the catalyst during Canton's 42-37 victory.

After OLSM came out hotter than Steph Curry in the opening quarter, swishing five of seven shots while taking a 10-5 lead, the Chiefs' defense got down to business, holding

the Eaglets to 9-of-35 shooting the rest of the night.

Canton's triumph — which came eight days after its most-recent game and a week before its next one (a Jan. 5 match-up against Grosse Pointe South) — improved its record to 5-0.

"We started slow in the first quarter; I don't know if we were rusty because we hadn't played for eight days, but we turned the ball over way too much," said Canton head coach Jimmy Reddy. "But our defense kept us in it with solid on-the-ball defense and really good help defense."

Senior guard Obi Okoli fur-

See HOOPS, Page B2



ED WRIGHT Orchard Lake St. Mary's guard CJ Wilson finds his path to the basket blocked by Canton players Obi Okoli (left) and Logan Ryan.

MU women's cagers edged

The Madonna University women's basketball team dropped a 104-45 decision to visiting Eastern Michigan University in a late-December non-conference contest hosted by the Crusaders.

The loss dropped MU to 3-8, while the Eagles improved to 7-2.

Lindsey Hernden led the Crusaders with 22 points, while Shara Long contributed 10.

Seven EMU players scored in double-figures, led by Janae Morton's 16 points.

Becca Sabol led all rebounders with 11 boards.

MU was sluggish from the get-go, scoring just three points during the first four minutes of play. Eastern's defensive pressure fueled a strong offensive start as the Eagles rolled to an early 10-3 lead.

Following a media timeout midway through the quarter, EMU extended its lead to 15-3. Sabol and Kacy Robinson hit a few shots late in the opening quarter but the Eagles controlled the game, 26-9, through 10 minutes of play.

The second quarter played out much like the first as the Eagles' defense forced the Crusaders into nine turnovers to take a 62-19 lead at half-time.

Hernden hit a three to open the half, but a 13-2 run by the Eagles extended their lead to 77-24, with five minutes to play in the third quarter.

The Crusaders saved their best for last with 21 points in the final quarter. Hernden found a rhythm and hit four 3-pointers and Chris Harper scored five points.

Madonna is idle until the new year, when it travels to Lourdes (Ohio) University.

Dochenez shines for UM-Dearborn

Former Livonia Stevenson basketball standout Arryn Dochenez is continuing to excel at the collegiate level.

A freshman guard for the University of Michigan-Dearborn, Dochenez has made a smooth transition from the high school game as she scored 14 points and blocked two shots in the Wolves' 88-47 loss to Albion College in a game played Dec. 20 at Crisler Arena on the campus of the University of Michigan.

Dochenez was the only UM-D player to hit double digits in scoring.

USA HOCKEY

NTDP U-18 squad puts 5-2 dent in Steel

Tim Smith
Staff Writer

After the Chicago Steel opened Tuesday night's scoring at USA Hockey Arena, it was the National Team Development Program Under-18 squad that showed a steely resolve — scoring three unanswered goals and cruising to a 5-2 victory.

Leading the offensive surge for the U18s before 1,246 fans was defenseman Adam Fox, who scored two goals.

Stopping 21 of 23 Chicago shots was U18 netminder Jake Oettinger, helping the NTDP improve to 10-11-1 in the United States Hockey League.

Chicago (10-15-2) got off to a 1-0 lead at 11:50 of the opening period, when Mitch Lewandow-

ski beat Oettinger. Assisting were Max Zimmer and Jake Jaremko.

But less than five minutes later, Team USA evened the score at 1-1 when winger Joey Anderson took a pass from linemate Clayton Keller and ripped a shot past Chicago goalie John Lethemon (32 saves).

In the final minute of the

opening period, Fox, the game's No. 1 star, scored a power-play goal. Drawing assists were defenseman Matthew Hellickson and forward Kieffer Bellows.

Keller and Bellows each figured in the scoring in their first game at USA Hockey Arena since being cut from

See USA HOCKEY, Page B2



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BOYS SWIMMING PREVIEW

Wildcats have ingredients for sweet success

Tim Smith
Staff Writer

Whatever formula Kenn Forbes cooked up last season for Plymouth's varsity boys swimming and diving team, he plans on adding a couple tasty ingredients to make 2015-16 even sweeter.

The 2014-15 Wildcats were a coach's dream, finishing 5-0 in the Kensington Lakes Activities Association South Division to win the title. There also were numerous standouts throughout the lineup, with several of those athletes back this year.

Forbes also can't wait to mix in some promising newcomers as Plymouth prepares for what should be another successful season.

"This year the Plymouth boys are looking to improve off of their successes last year, last year being one of the best this program has had," Forbes said. "We lost a few very talented seniors who filled a lot of roster depth but luckily we have 40 boys who are ready to step up and fill those holes."

"We raised the bar high last year and plan to continue to push ourselves to great heights."

Strong captains

Of course, any team with the kind of senior captains Plymouth has — namely Garrett Beauprez, Bronson Knowles, Aniketh Visai and Chris Vos — is destined to be a winner. Just how far the Wildcats go in the KLAAs and postseason is the only question.

The captains "are leading the charge and motivating their team every day," Forbes emphasized. "Beauprez, Visai and Knowles are extremely versatile and can be placed in each and every event (except diving)."



Senior co-captain Aniketh Visai is one of the key returnees for Plymouth's varsity boys swimming and diving team.

"The goal is to get bigger, faster and stronger while maintaining this close knit supportive group of student-athletes."

KENN FORBES

Plymouth varsity boys swim coach

Meanwhile, Vos "looks to improve his times from last year and is one of the strongest influences and motivators of hard work for the new guys on the team."

Senior Keegan Kendall isn't a co-captain, but he will be among other key contributors. "Keegan is also ready to roll this year and getting off to a great start in his time trials

showing more speed and power in all strokes as well," Forbes added.

Juniors Michael Wischer and Matt Weiner "have repeatedly shown what it takes to be with the 'elite' group and make it to states, generally following the path of sprint freestyle and butterfly."

Others looking to contribute include juniors Tyler Gala, Nathan Chimka and Brian Cowell.

"Gala, Chimka, Cowell and the others have also stepped up in filling in roster depth," continued Forbes, a former coach at Redford Union. "They have played a crucial role in the programs success the last few seasons in their support roles. They certainly aren't the only ones either."

Forbes was referring to James Lauer, Lucas Kapala, Brady McWilliams, Sawyer Knowles and sophomore Logan Kendall, the latter "looking to fill the distance slots when Garrett (Beauprez) graduates."

Bright future

Also making Forbes feel good about the future is the 1-2 punch of sophomores Ethan Byrnes (sprint events) and Adam Stepek.

"(Byrnes) is following in the sprinters groups," Forbes continued. "I feel he will be capable of other strokes and events at a high level too."

"Ethan is a very determined and hard working kid. This fall he boasted one of the fastest times in the state for a sophomore and went to Nationals for Cross Country. Now it's a matter of getting him back into swim shape, and he's doing just fine with that."

One of Byrnes' cross country teammates, Stepek, is working hard to learn a brand new sport.

"Though still finding his

own, he (Stepek) looks to be on the right track to become a valuable asset to this program in the next few years," the coach added.

One of the key losses to graduation was Ben Yang, but his younger brother — freshman Laurence Yang — has a chance to make a similar impact on the Plymouth swim program.

"Like his brother, he (Laurence Yang) is a talented flyer and backstroker," Forbes said. "However, he would consider breaststroke to be his best and he is more than suited for freestyle."

Diving in

Perhaps an unsung reason for Plymouth's success last year is the team's divers. Forbes is confident the trend will continue.

Last season, Jordan Groves nearly made states in his rookie year and nearly broke Plymouth diving records.

Not far behind was Calvin Rogers "and he is already looking in competitive form."

And freshman diver Ben Kirchoff "is looking to have an outstanding season (and is) already showing a lot of talent and potential."

"Last year we went into prelims with a good position," Forbes concluded. "Unfortunately with some not so great swims and a crazy finals day, we slipped."

"The goal is to get bigger, faster and stronger while maintaining this close knit supportive group of student-athletes."

"I have had some good teams in the past, I would say this may be one of the best."

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Westland's Bantam Blazers earn title



The Westland Hockey Association's Bantam Blazers were crowned champions in the Capital Cup, which was held the weekend of Nov. 20 in Lansing. Pictured are (back row from left) Austin Kieiltyka, Coach Hunter Sellers, Griffin Braunruther, (third row from left) coach Tim Sellers, Donovan Vesey, John Novak, Zack Junttenon, Brad Lefevre, Vinny Burton, Tyler Wozniak, Jack Rankin, Andrew Kosowski, coach Jeremy Kieiltyka, Brendan Puckett, Jaydon Miller, coach Scott Wozniak, (second row from left) Gage Sellers, Nate Benton, Luke Burton, Brendan Mitera, and (front row) Shane Winkles.

ATIENZA

Continued from Page B1

string of top-notch opponents Atienza has to face, he has also had to adjust to seven-minute matches in college (the first of the three periods is three minutes in duration, not two like in high school).

While an extra 60 seconds of action may not seem like much, it's comparable to a marathon runner being asked to run an extra five miles.

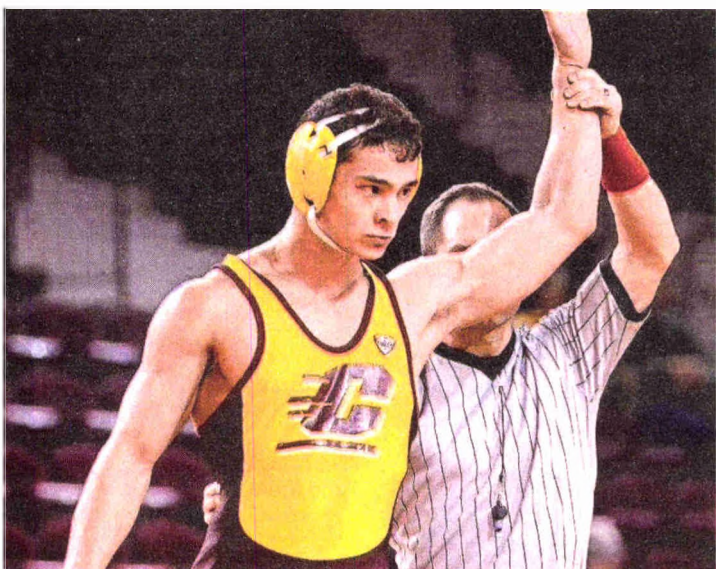
"Your stamina has to be a lot better at this level," he said. "I feel like I'm in the best shape I've ever been in."

At Franklin, Atienza was a

victory machine, chalking up an overall record of 223-19, which earned him a spot among the top 20 all-time winners in Michigan high school wrestling history.

Atienza and fellow sophomore Jordan Ellingwood both drew high praise from CMU head coach Tom Borrelli following their stellar showings in Reno, which helped CMU earn a No. 17 national ranking.

"Those are two guys that are real important to this team," Borrelli said. "We're still trying to sort some stuff out in those weight classes with injuries and things so having guys like that is a real important."



CENTRAL MICHIGAN UNIVERSITY ATHLETICS

Former Livonia Franklin wrestling standout Jordan Atienza is enjoying a breakout sophomore season at Central Michigan University. Following his fourth-place finish in a tournament at Reno, Nev., the 165-pounder is now 12-4 overall.



RENA LAVERTY | USA HOCKEY

Converging in the corner Tuesday night at USA Hockey Arena are NTDP Under-18 winger Nick Pastujov (right) and Chicago Steel forward Marc Johnstone.

USA HOCKEY

Continued from Page B1

consideration for the U.S. World Juniors roster. Defense-man Chad Krysz did make the tournament squad.

The NTDP lead grew to 3-1 at 6:17 of the second period, when forward Nick Pastujov lit the lamp. Earning assists were left wing Keenan Suthers

and defenseman Ryan Lindgren (two assists).

Bouncing back with a goal just 40 seconds later was Chicago's Brandon Duhaime, an unassisted effort.

Restoring the two-goal cushion at 13:57 of the second was center Trent Frederic, from Lindgren and defenseman J.D. Greenway.

Closing out the scoring for the evening was Fox, with an empty-netter at 18:26 of the

third period. Collecting the assist was Frederic.

NTDP UNDER-17 TEAM 7, MUSKOGON 4: After spotting the visiting Lumberjacks three first-period goals Wednesday afternoon, the USA Hockey NTDP Under-17 team roared back behind a four-goal performance by defenseman Quinn Hughes.

Chipping in with two goals in the United States Hockey League contest was forward Scott Reedy and goalie Dylan St. Cyr (Northville) made 30 saves for the victory. The win upped the NTDP's USHL record to 11-11-1.

Scoring one of the Muskegon goals was Livonia native Max Humitz.

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HOOPS

Continued from Page B1

ther solidified himself as the Chiefs' early-season go-to guy against OLSM as he registered a game-high 19 points, including 8 of 11 free throws, six rebounds, two blocked shots and three steals.

"Obi is a tough match-up for a lot of teams," said Reddy. "I think teams overlook him a little bit because he didn't have a great junior season, but he's really coming on."

"I thought Colin Troup did a really nice job, too, guarding their No. 11 (CJ Wilson), who is a very good player. Colin gave us a lot of energy off the bench."

After watching from the bench during the entire first half, Canton senior forward Logan Ryan established himself at both ends during the final 16 minutes, netting 11 points, grabbing five rebounds and blocking two shots.

Ryan's presence in the paint down the stretch also made life difficult for OLSM's Wilson,

who slashed and attacked his way to 11 first-half points (without Ryan on the court) before getting held to five in the final two quarters.

Junior guard Cooper Abrams was the Eaglets' next-highest scorer with six points, the result of two long treys that nearly sparked a dramatic rally.

The teams were on opposite ends of the spectrum at the free-throw line, where Canton knocked down 19 of 27 freebies while the hosts found twine on just 7 of 20 attempts.

It was OLSM's defense that ruled early on as the Eaglets held the Chiefs scoreless until the 3:18 mark of the first quarter when freshman guard B. Artis White drained a left-wing triple.

Okoli then injected the Chiefs with a dose of energy when he blocked a driving lay-up by Jack Carroll, then lunged beyond the baseline to direct the ball off of Carroll's leg, giving the Chiefs another possession.

Canton's first lead of the night didn't arrive until 87 seconds remained in the first

half when and and-one by Okoli gave his team a 13-11 advantage.

The Chiefs pushed their lead to 29-21 late in the third quarter when Jalen Cochran threaded a bounce pass to a cutting Ryan to complete a textbook give-and-go play.

The Eaglets' closed the quarter with a flair when with just six seconds left 6-foot-3 junior center Donovan Saine threw down an emphatic dunk to put an exclamation point on a fast-break.

Saine's theatrics seemed to revive the Eaglets, who closed to within 32-30 with 3:40 to play on the second of Abrams' back-to-back threes.

However, Canton countered with a 9-1 run to grab a 41-31 lead before repelling a late Eaglet comeback attempt.

Although he missed all nine of his field-goal attempts, Cochran was a force for the Chiefs on the glass, snagging 10 rebounds.

Hamoudy Turfe went 4-for-4 from the line (along with grabbing five rebounds) for the winners in addition to providing steady ball-handling skills.

COLLEGE FOOTBALL

Burbridge does his part to help Spartans

By Dan O'Meara
Staff Writer

Michigan State University's football team has risen to national prominence and its players like wide receiver Aaron Burbridge of Farmington Hills who have helped to make it happen.

"That's the reason all of us come to Michigan State," Burbridge said. "We expect to win here; we expect to go to big bowl games. It's just an honor to be a part of this and what's going on."



Burbridge

Though he might be considered a role player, Burbridge, a former all-stater at Harrison High School, has made a solid contribution to the MSU program.

He played as a true freshman in 2012, has appeared in 35 games and made 10 starts. Burbridge has 76 career receptions for 859 yards and three touchdowns.

The 6-foot-1, 201-pound junior is third on the team this year with 25 catches for 301 yards and one score. He caught a season-high five passes for 48 yards against Indiana.

"I'm very happy with my production," Burbridge said. "I feel like I developed a lot this year. I learned more about the game, and it has helped me to become the receiver I am today."

Senior Tony Lippett is the leading receiver with 60 receptions for 1,124 yards and 11 touchdowns. Burbridge is one of four others who follow Lippett with 22 to 26 catches.

"We do have a lot of weapons on offense," Burbridge said. "(Quarterback) Connor (Cook) does a great job of getting all of us the ball every game."

"We just try to do what we can to help him out and keep the offense moving and progressing every week."

Burbridge also had his ca-



Aaron Burbridge looks for room to run against Jacksonville State.

MICHIGAN STATE ATHLETIC COMMUNICATIONS

reer-best game against Indiana in 2012, making eight catches for 134 yards. He hauled in 29 passes for 364 and two scores in his rookie season.

Other area stars

One of Burbridge's buddies on the team is running back Jeremy Langford of Wayne and Westland John Glenn High School.

Langford is MSU's leading

rusher for the second straight season with 1,360 yards and 19 touchdowns on 249 attempts (5.5 average). He averages more than 113 yards per game.

"We're cool; we hang out," Burbridge said. "We like to play video games (when they do). We do the stuff friends do."

Every now and then, Burbridge, who occasionally lined up at tailback in high school,

gets to run the ball, too, mostly on end-around plays.

"I love doing that," he said. "I get to show off my versatility. I used to be a running back when I started playing football. It brings me back to my glory days."

Burbridge, who was the No. 1-rated prep player in the state in 2011, has remained close with former Harrison teammate and Michigan wide re-

ceiver Devin Funchess. Funchess recently announced his intention to forgo his last year of college ball and enter the NFL draft next year. "I talk to him almost every day," Burbridge said. "I support him all the way and I'm proud of him. Hopefully, he can make a name for himself in the NFL."

"I'm not really surprised (Funchess is leaving early) with everything going on over there. I support his decision 100 percent."

Eyes NFL, also

Burbridge hopes to be drafted in 2016 and have a chance to play professional ball, too.

"Of course," he said. "I'm just working toward bettering myself as a person and player to get myself ready for the next level."

Burbridge also was an excellent punt and kick returner for the Hawks and would like to do more of that for the Spartans.

"I do play on most special teams; I'm just not returning right now," he said. "Hopefully, I can return a couple kicks. That's what I've been asking. It would be nice to get back there one time."

Burbridge plans to work hard in the off season and do his part to keep the Spartans on a winning track next fall.

He doesn't expect to be the go-to guy necessarily because of all the other talented receivers on the team, but he wants to play a key role again.

"We just have to finish this year strong and come back next year and have the best year," he said. "We'll get together with Connor in the off season, get the chemistry and timing down and come into camp ready to roll."

"My goal was to become a complete receiver this year, and I think I've done that. I know the offense like the back of my hand. I'm doing pretty well going into my senior season."

COLLEGE BASKETBALL

Hooping Crofford brothers face off at the next level

Ed Wright
Staff Writer

With 17:40 remaining in the first half of Wednesday night's men's basketball game between Adrian College and the University of Michigan-Dearborn, a monumental event unfolded.

Monumental, at least, for Redford Township's Crofford family.

During the early-game break in the non-conference encounter between the two modest-sized schools, Bulldogs true freshman forward Isiah Crofford checked into the game — joining his brother Xavier on a college court for the first time.

Xavier Crofford is a smooth-shooting red-shirt freshman guard for the Wolves.

The siblings' match-up drew a larger-than-normal crowd to the Wolves' field house, which was particularly lively when both of the former Redford Thurston stars were

on the court at the same time.

In addition to parents Chavell and Kimyata Crofford, several other family members and former teammates and current friends from Thurston purchased a ticket for the unique family reunion.

Xavier Crofford started the game and was his team's offensive catalyst during the first nine minutes. During one stretch midway through the first half, the older Crofford brother scored 12 straight points to give the Wolves a short-lived 24-22 lead. Adrian ultimately won the game, 76-58, to improve to 6-4.

While the brothers never guarded each other during the first half of Wednesday's game, they did cross paths a few times. Five minutes into the game, Xavier was whistled for fouling Isiah, who sank one of the two ensuing free throws.

Both Croffords are instrumental components on their respective teams. Xavier has had a number of double-digit

scoring games already this season. He also delivered a crowd-pleasing pass to teammate Marcus Williams, who finished the play with a rim-shaking dunk.

Isiah Crofford was the first big man off the bench for the Bulldogs. He's started nine of Adrian's first 10 games this season — a rarity for a true freshman, no matter what level you're talking about.

Isiah Crofford is averaging 18 minutes per game this season, scoring four points while grabbing 4.2 rebounds and blocking nearly one shot per game.

The younger Crofford is majoring in communication arts at Adrian, according to the Bulldogs' website.

Third Eagle spotted

In addition to the Crofford brothers, former Thurston standout guard Anthony Barley played well during Wednesday night's game.

Barley, who formerly played for Colby Community



ED WRIGHT

University of Michigan-Dearborn guard Xavier Crofford (foreground) made sure Adrian College forward Isiah Crofford (Xavier's younger brother) didn't get too much room to maneuver during Wednesday's game.

College in Colby, Kan., is a 5-foot-11 senior point guard for the Wolves.

An outstanding perimeter shooter, Barley scored 10 points Dec. 13 in the Wolves'

victory over Siena Heights University.

ewright@hometownlife.com

WHA midget icers earn crown



The Westland Hockey Association's Midget Blazers recently took first-place honors at the Capital Cup Tournament in Lansing. Team members include (back row, from left) coach Josh Tibbals, coach Paul Yount, Patrick Leny, Gavin McVeigh, coach Mike Polzin, Collin Harvey, Giuseppe Cracchiolo, Sebastian Farnsworth, Jordan Gittins, Miguel Flores, Garret Yount, Joey Burton, Ben Damian and coach Joe Burton and (front row, from left) Logan Neilson, Dylan Alchin, Jackson Moschet, Eric Polzin, Chase Burgess, William Hughes and Chandler Jones. Also on the team are Jay Best and Kameron Richardson.

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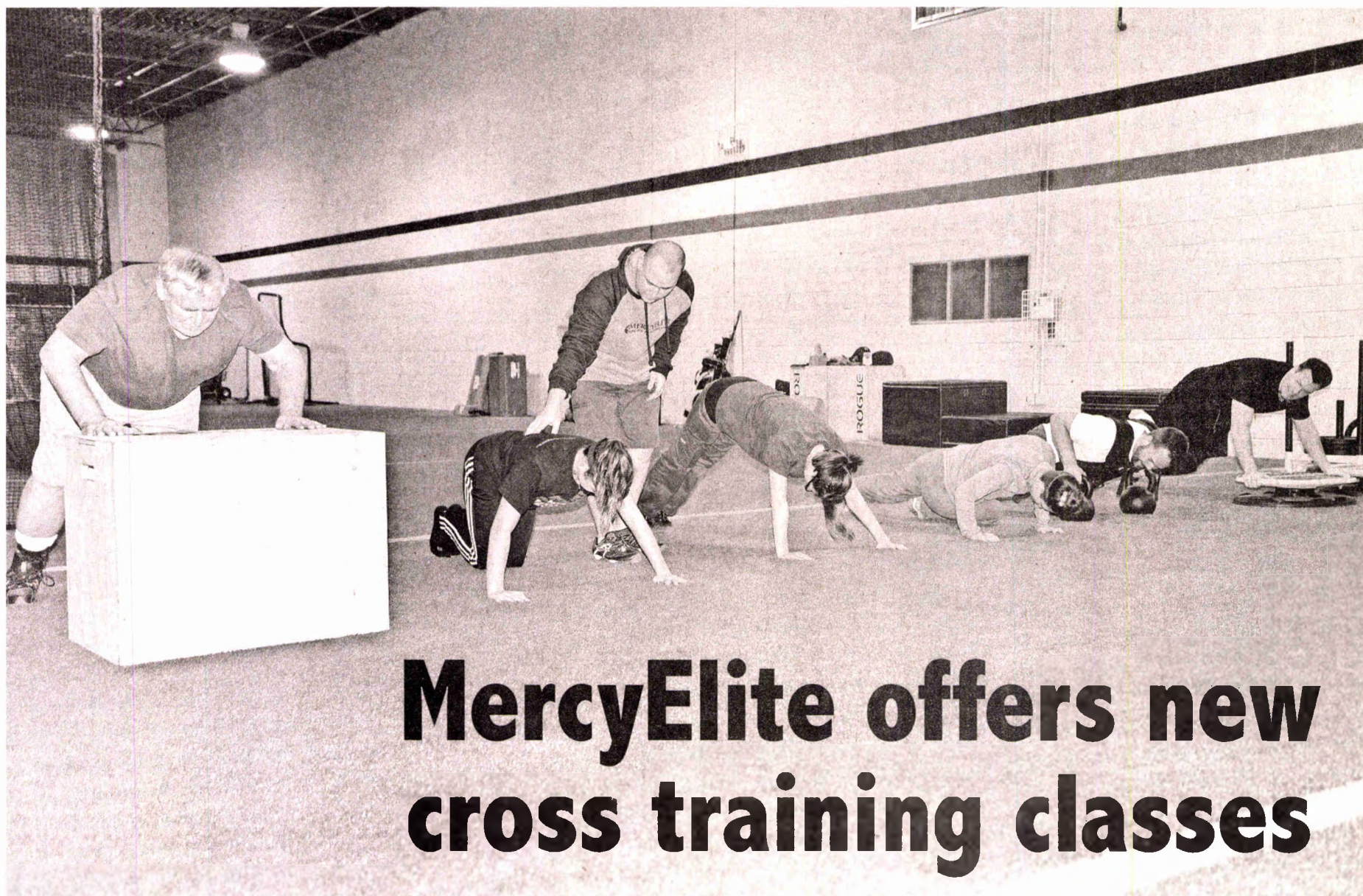
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MercyElite offers new cross training classes

This exercise session shows participants trying the same exercise, which is modified for their individual fitness level. MercyElite's cross training program will encourage a group workout with exercise modifications.

Sharon Dargay
Staff Writer

A high school athlete and an out-of-shape senior citizen may seem an unlikely fit for the same exercise class.

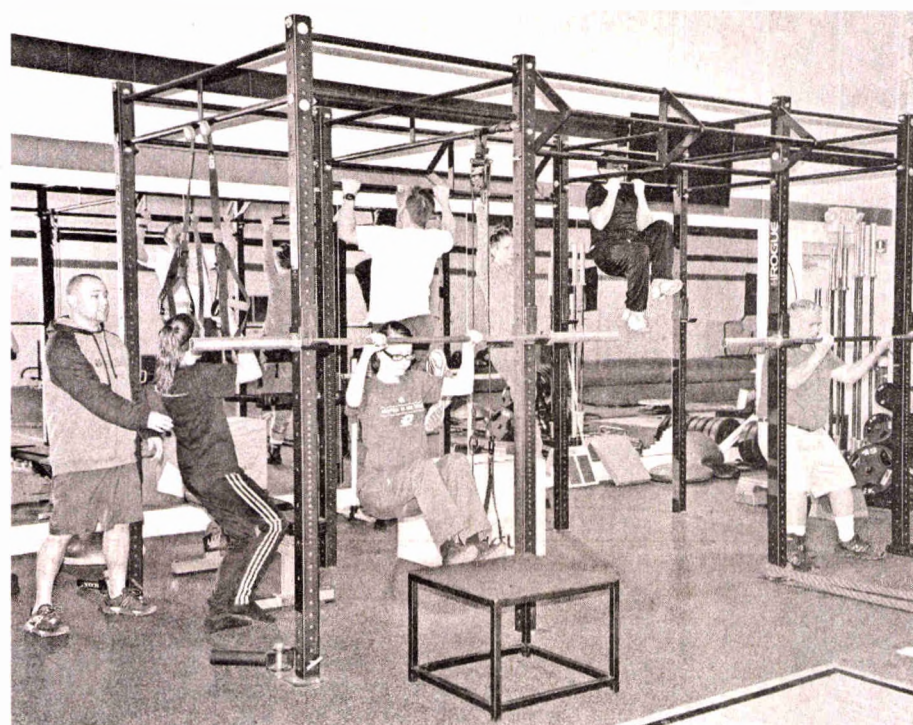
But there's a place for everyone in MercyElite's new cross training classes starting Jan. 18 in Livonia.

"When they come in, the first 10 to 15 minutes, we'll be taking them through a movement screening. Then based off the results, we'll assign modifications for the exercises. We want to make sure the exercise for your ability is appropriate," said Dan Wolocko, director of physical therapy and sports performances at MercyElite Sports Performance, an outreach program of St. Mary Mercy Hospital Livonia. "For the workout, there might be four or five main exercises, with three or four different modifications."

The modifications enable everyone in class to work on the same exercises with the same intensity, working the same muscle groups, while building strength, flexibility and toning muscles at a fitness level that is appropriate for his or her body type and ability.

"If you're in a group and you're all working out at the same level, it can get monotonous," Wolocko said. Cross training doesn't specialize in just one kind of exercise. It provides a balanced exercise program and can lead to a better understanding of your own body and its capabilities, he noted.

The classes are an hour and will be offered at 6:30 a.m., 7:45 a.m., 9:30 a.m., noon and 7:30 p.m. Monday, Tues-



Individuals work on variations of the pull-up.

day and Thursday, at noon and 7:30 p.m. Wednesday, at 6:30 a.m., 7:45 a.m., 9:30 a.m., and noon Friday at 9 a.m. Saturday at MercyElite, 13245 Newburgh, Livonia. A monthly membership fee of \$75 allows participants to take as many classes as they want each month.

Exercising together

Working out in a group setting is a major component of the program. Each class will average 10-15 individ-

uals.

"We support each other. It's fun and it gives you energy," Wolocko said, adding that the group concept also encourages and supports family participation.

"You could have a high school athlete who plays football and a mom who wants to be fit and healthy and have them doing the exercise program together," he said.

MercyElite's cross training is based in part on the popular CrossFit

model. CrossFit offers fitness workouts with movements performed at high intensity in a group setting, through a worldwide network of gyms and trainers. Participants also train to compete in CrossFit fitness games.

"We wanted to use that model, but be safe," Wolocko said. "They (CrossFit) do it in groups and people love that aspect of it and every time they go to class, they don't know what they are going into. It produces some results."

But Wolocko said MercyElite has seen some patients injured by participating in CrossFit. It may be too extreme for some athletes. Some may want to try it, but aren't sure if they're ready.

"We can modify it and get you to that level," he said.

Part of a team

MercyElite has the advantage of offering a program that was designed by physical therapists, licensed athletic trainers and certified strength and conditioning specialists. It can draw on St. Mary Mercy's entire sports medicine team for consultation.

"What's nice is we can offer services in between classes," Wolocko said. Members can schedule a session for individual attention, if needed.

Classes are for age 16 and above, although Wolocko said a younger teen or child may be admitted as long as they are with a parent.

"We want to encourage families to exercise together. It can be daunting to appeal to such a wide spectrum but, at the same time, there's definitely a need. We're excited about it."

For more information or to register for classes, call 734-655-8240.

MEDICAL DATEBOOK

Breastfeeding clinic

The clinic teaches breastfeeding basics, a three-hour course to help expectant parents get the breastfeeding process off to a strong start, 6:30-9:30 p.m. Jan. 11, at Beaumont Hospital - Farmington Hills, 28050 Grand River Ave., Farmington Hills. It covers the advantages and benefits of breast-feeding, physiology of milk production, basic nursing positions, assessing latch-on, back-to-work issues, how to determine if your baby is getting enough milk, common problems, pumping and storing breast milk and more. The class fee is \$35. Register by calling 248-888-2500 or visit botsford.org.

Childbirth education

Comprehensive Childbirth Education is a four-part class, taught by experienced childbirth nurses, 7-9:30 p.m. Wednesday, Jan. 6, 13, 20, and 27 at Beaumont Hospital - Farmington Hills, 28050 Grand River Ave., Farmington Hills. The class will explain the stages of labor, relaxation and breathing methods, strategies for managing discomfort, the partner's role in labor and delivery, cesarean section deliveries, medications, anesthesia and more. The class fee is \$75. Register online at botsford.org or call 248-888-2500.

Cosmetic services

Learn about St. Mary Mercy Livonia's cosmetic services, 6-8 p.m. Wednesday, Jan. 6, in the hospital's north auditorium, 36475 Five Mile, Livonia. DeLo-rean Q. Griffin, M.D. will talk about plastic and reconstructive services to enhance appearance, improve well-being and boost self-esteem. Griffin specializes in cosmetic and medical procedures such as body contouring,

breast augmentation, excess skin removal and facial rejuvenation. The free session will include a Botox demonstration, hors d'oeuvres and a raffle. To register, call 734-655-2692.

Hearing loss support

Learn about innovative cochlear implant technology from Advanced Bionics, 6:30-8:30 p.m. Jan. 13, at Garden City Hospital, 6255 Inkster Road, Garden City. For more information call: Tony at 734-644-3297; afcrack@com-cast.net

Stop smoking class

A smoking cessation program will be held 7-8 p.m. Jan. 6, 13, 20 and 27 in the Our Lady of Hope Cancer Center at St. Mary Mercy, Livonia. Located at Five Mile and Newburgh, Livonia. Registration is required and participants must attend all four sessions. Call Michelle Eggenberger at 734-655-2973.

Teens and drugs

"Teens Using Drugs: What To Know and What To Do" is a free, ongoing, two-part education series sponsored by Dawn Farm. Part one, held 7:30-9 p.m. Tuesday, Feb. 2, provides information on understanding substance abuse problems and recognizing when a young person may be involved with alcohol or other drugs. Part two, from 7:30-9 p.m. Tuesday, Feb. 9, focuses on what does and does not help when a teen substance abuse problem is suspected or identified. Both sessions will be held at the St. Joseph Mercy Hospital Education Center, 5305 Elliott Drive, Ypsilanti. Call 734-485-8725 for more information.

Video on recovery

See Kevin McCauley's video, *Memo to Self: Protecting Sobriety with the Science of Safety*, 2 p.m. Wednesday, Jan. 20, at the University of Michigan Rackham Graduate School's 4th floor amphitheater, 815 E. Washington Street, Ann Arbor. McCauley, co-founder of the Institute for Addiction Study, frames addiction as a safety problem and unites the science of mishap prevention with the necessities of relapse prevention. A question and answer session will follow the screening. The screening is free. For more information call Matt Statman at the U/M Collegiate Recovery Program at 734-763-3933.

Wellness Center

St. Mary Mercy Livonia will hold an open house for its Wellness Center 10 a.m.-1:30 p.m. Saturday, Jan. 9, at the Center on the hospital campus, Five Mile at Levan, Livonia. Visitors can sample what's new at the Center. Dress to join in the fun with Zumba, Pilates and yoga demonstrations, a health nutrition seminar, acupuncture seminar and a meditation session. There also will be chair massage, prizes and healthy snacks. The event is free but registration is required. For more information or to register, call 734-655-1320 or visit <http://goo.gl/6c9GXE>.

Ongoing

Ab-Anon

Twelve-step program and weekly group to help those suffering with eating disorders such as anorexia, bulimia, and exercise compulsion is held 7-8 p.m. Tuesday, at the Friendship Circle, 6892 W. Maple, West Bloomfield. An Ab-

Anon meeting group is available for families and loved ones, 7-8 p.m. Wednesday, also at the Friendship Circle. For more information, contact Mindy at 248-672-9776.

Amputee support

The Amputee Support Group meets 2-3 p.m. the second Tuesday of every month in Classroom #1 at St. Mary Mercy Hospital, 36475 Five Mile (use south entrance off Levan), Livonia. Call 734-655-2837 for more information.

Aquatic classes

The YMCA of Metropolitan Detroit and the Arthritis Foundation have partnered to offer aquatic classes designed to ease arthritis. Classes are held 11 a.m. to noon Tuesday and Thursday at the Farmington branch and 1-1:45 p.m. Monday and Wednesday at the Livonia branch. Visit www.ymcadetroit.org.

Bipolar support

Depression Bipolar Support Alliance meets 6-7:30 p.m. the second and fourth Tuesday at Lincoln Behavioral Services Center, 14500 Sheldon, Suite 160B, Plymouth. It is accessed through the Plymouth Executive Park driveway north of M-14. Meetings open to families. Call Nancy at 734-536-3457 for directions.

Breast cancer support

Meets from 6:30-8 p.m. the second Tuesday of each month in the Atrium of Our Lady of Hope Cancer Center, St. Mary Mercy Hospital, 36475 Five Mile (use south entrance off Levan), Livonia. Call 734-655-1100 or visit www.stmary-mercy.org.

Choir therapy

The Therapy Choirs of Michigan extend an invitation to individuals with any kind of special needs or disabilities and their able-bodied family and friends, to participate in singing. Call Len McCulloch at 248-474-2763, Ext. 22, or visit www.therapychoirs.org for additional information.

CPAP/BIPAP

The Sleep Disorders Center of Michigan offers a free CPAP/BIPAP mask fitting clinic, 5-6 p.m. each Wednesday at 35600 Central City Parkway, Suite 103, Westland. Most insurances cover new supplies. No appointment needed. For more information, call 734-458-7251.

Eating disorders

A support group for individuals with anorexia, bulimia, and compulsive and binge eating disorders meets at 6:30 p.m. every Wednesday at the Allan Breake Medical Office Building, on the Garden City Hospital campus, 6255 Inkster Road, Garden City; 734-324-3089.

Lung cancer support

Thoracic surgeon David Sternberg, M.D. leads a support group for anyone living with cancer and their loved ones, 6-7:30 p.m. the third Monday of the month, at Beaumont Cancer Center - Farmington Hills, 27900 Grand River Ave., Suite 230, Farmington Hills; 248-473-4828.



Sternberg

CHEF GEORGE RAPITIS COOKS FAVORITE GREEK DISHES

Sharon Dargay
Staff Writer

If you want to eat "simple but healthy and filling food," go Greek.

"It's eating a Mediterranean diet, where they have meat mostly at celebrations and their daily meals are things like feta cheese and olives and lemon rice soup," said Chef George Rapitis, who demonstrated several Greek recipes recently at Schoolcraft College in Livonia.

"The unique thing about eating Greek is the love for herbs. Mint and dill. Those are married. They go together. They're used in soups, with fish. Greeks cook with lemons, spinach. These are some of the healthiest foods on the planet."

Rapitis, who trained in culinary arts at Schoolcraft and earned a dietetics degree from Madonna University, teaches a one-night cooking class every semester through Schoolcraft's Continuing Education and Professional Development Department. He demonstrates different recipes each time he offers the Greek foods class, but his philosophy about the cuisine remains the same.

"It doesn't take a lot of expensive ingredients to make a good Greek dish. It just takes good ingredients."

Rapitis rolled grape leaves, layered phyllo dough and turned humble chickpeas into a tasty, homemade hummus during the recent three-hour session. He also served from-scratch cucumber dip (tzatziki), lemon and mint water, and a no-bake cake that "explodes" with a chemical reaction when its heated ingredients mingle in a pot.

Along the way, he assured students that Greek cooking "is very easy to do." Even the more daunting recipes, such as stuffed grape leaves and spinach pie with its delicate layers of phyllo dough, "just take a little bit of time."

"But it's worth the time," he said. "I always like to make my own hummus. If you're having a party, having friends over, it's such a great dish and it's so easy."

"You've probably had spinach pie in a restaurant. When you make it at home it's much better."

Although none of the students accepted Rapitis' invitation to try rolling grape leaves and oiling phyllo dough in class, some said they would make the recipes at home.

"I love Greek food," said Marilee Anthony of Northville, explaining why she took the class. "I prepare pastitsio, which is a Greek casserole, at home. It's very simple."

Steve Gadzinski of Sterling Heights had taken a variety of culinary classes at Schoolcraft and was eager to try something new.

"When I started here, there were no Greek culinary classes, and now they have it. This one interests me because I'm a diabetic and I want to learn to eat better, more Mediterranean," he said.

Rapitis suggested that students try the recipes at home, "practice a little," and work on getting a feel for the texture of the ingredients.

His next class is The Lighter side of Dark Chocolate, 6-9 p.m. Tuesday, Feb. 2, at Schoolcraft. Cost is \$99, \$79.20 for seniors. Sign up through schoolcraft.edu/cepd/thedish.

Rapitis also teaches healthful cooking seminars and "lunch and learn" sessions throughout southeastern Michigan. Check out videos of his Eat Right By George cooking show on YouTube.

A few of Rapitis' Greek cooking tips:

» He uses olive oil instead of butter with phyllo dough for spinach pie.

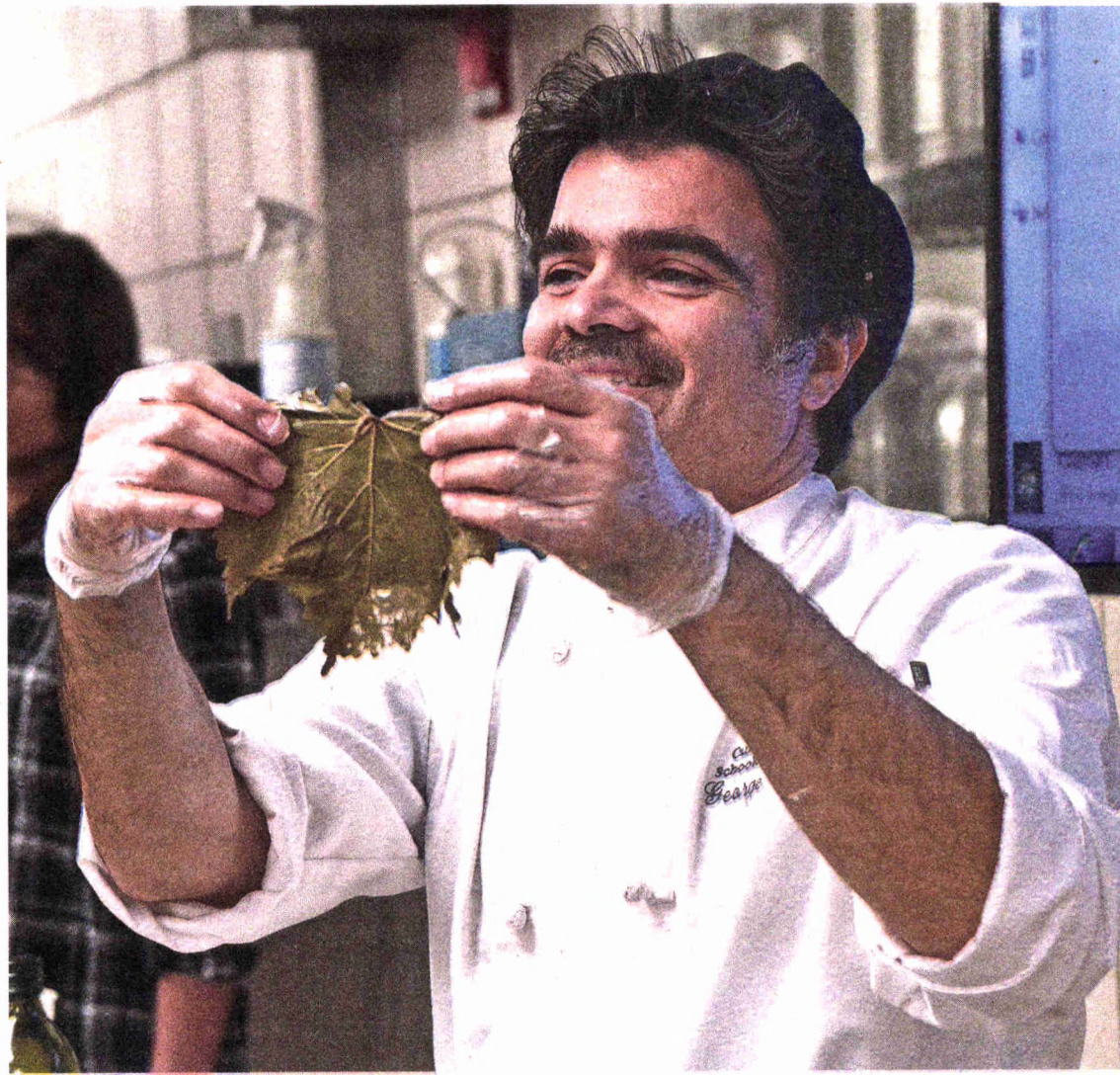
» When using fresh mint and dill, don't use the stems, which may be too chewy.

» Tzatziki can be used on sandwiches and salads, in addition to being used as a dip.

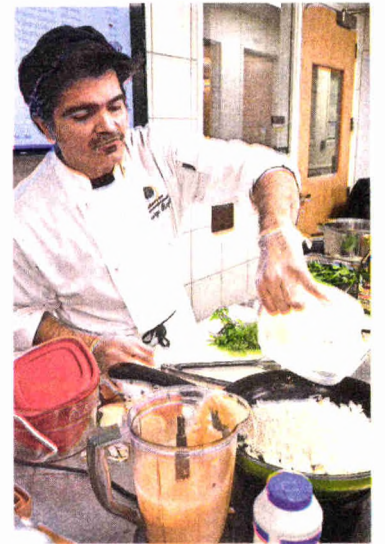
» Make a refreshing drink by allowing slices of lemon and fresh mint to marinate in water. "If you drink that for a day you'll have more energy," Rapitis said.

» To get more juice from a lemon, roll it before cutting it.

» Cut onions in half before attempting to peel them.



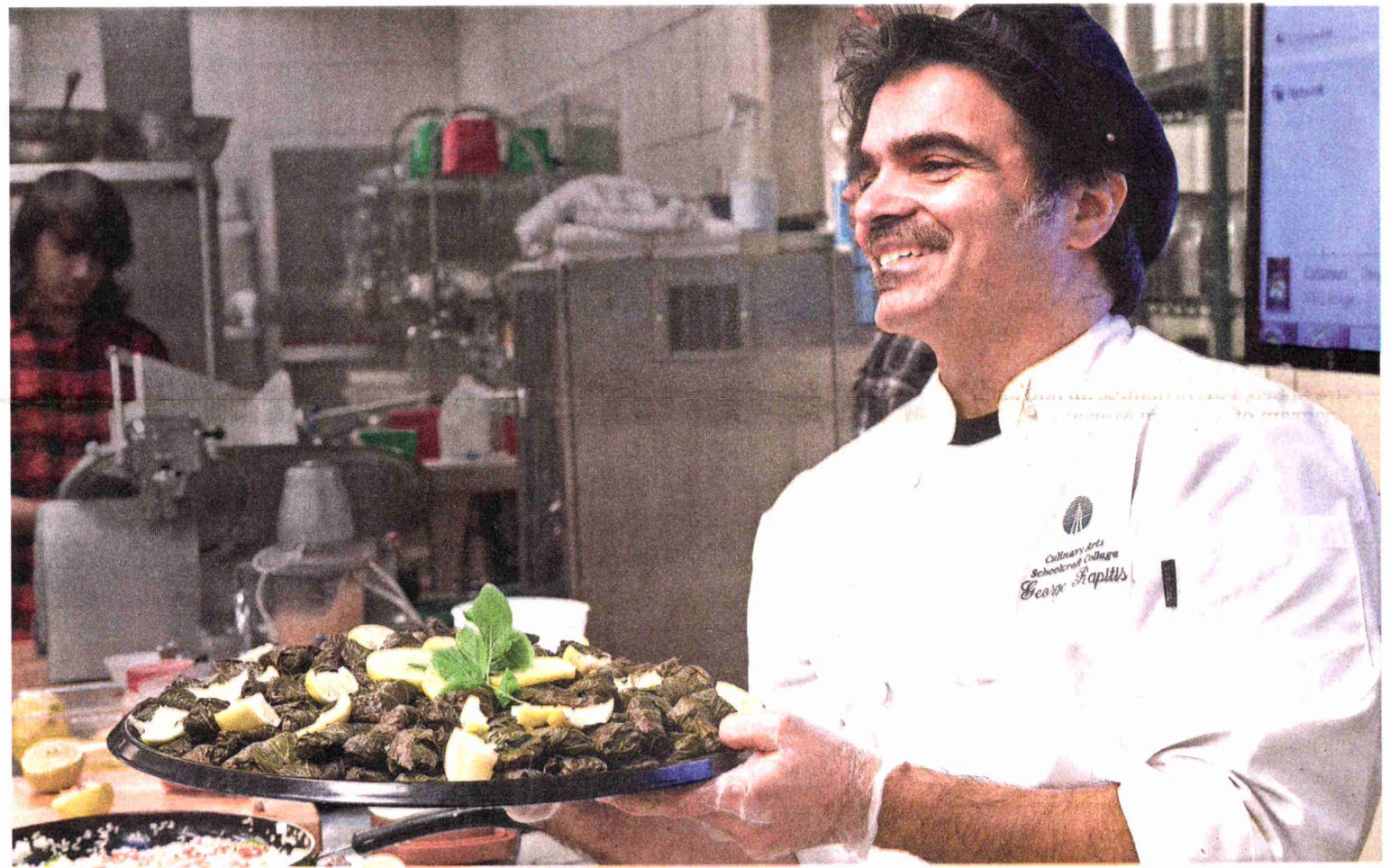
George Rapitis knows his grape leaves.



BILL BRESLER | STAFF PHOTOGRAPHER
George Rapitis adds rice to the mixture for stuffing grape leaves.



BILL BRESLER | STAFF PHOTOGRAPHER
George Rapitis says that you don't need exotic ingredients for Greek recipes, just fresh and simple.



Stuffed grape leaves are ready to eat.

HEALTHY TZATZIKI DIP

Serves: 4, 1/4-cup servings

1 cucumber, cut in half and sliced thin
1 teaspoon fresh lemon juice
1 clove garlic, finely minced
1/4 teaspoon dried dill
1 teaspoon fresh mint, chopped
1/2 cup plain Greek yogurt

Combine all ingredients in a medium bowl and toss thoroughly. Cover and refrigerate until ready to serve.

ROASTED RED PEPPER HUMMUS

Serves 12-18

3 cloves garlic, minced
2 (15-ounce) containers garbanzo beans, drained
1/4 cup tahini
1/2 cup roasted red peppers
1/2 cup olive oil
Dash paprika for garnish

In an electric food processor, combine garlic, garbanzo beans, tahini, and lemon juice. Process until the mixture is smooth. Add roasted peppers and process until the peppers are finely chopped. Transfer hummus to small bowl, cover and chill until ready to serve. Garnish with extra garbanzo beans, paprika, and olive oil.

STUFFED GRAPE LEAVES (DOLMADES)

50-60 grape leaves or 1 jar (16 ounces) brined grape leaves
1 cup olive oil
2 large onions, minced
1 1/2 cups uncooked long grain rice
1 cup diced tomatoes
1/2 cup tomato paste
1/2 cup fresh dill, chopped
2 tablespoons dried mint
Juice of two lemons

In a large skillet, over medium high heat, heat 1/2 cup olive oil. Sauté the onions until translucent, about 5 minutes. Stir in the rice, diced tomatoes, chicken broth, and tomato paste. Add juice of a lemon, dill, and mint and remove from stove and let cool. Line the bottom of a heavy saucepan with four grape leaves (Chef George uses broken or torn leaves for this). Place a leaf with the stem towards you on a flat surface and cut out the stem of the leaf. Place a teaspoon of filling in the bottom center of the leaf, just above the stem. Fold the bottom section up to cover the filling. Fold the sides in towards the center. Place the leaves in layers in the saucepan. Be sure to place them with the seam on the bottom. Pour remaining 1/2 cup olive oil over the grape leaves and enough water to cover them by about an inch. Place a heat proof plate on top of the rolls to keep them submerged in the water. Cover the saucepan and bring to a boil. Lower the heat and simmer over low heat for 45 minutes to an hour or until the leaves are tender and the rice filling is cooked through.

GREEK HALVA CAKE

2 cups of coarse semolina (substitute farina or cream of wheat)
1/4 cup olive oil
1/2 cup walnuts, chopped coarsely
1/4 cup raisins
For the syrup:
4 1/2 cups water
2 1/2 cups sugar
1/2 cup honey
3 small pieces cinnamon stick
3-4 whole cloves
2-inch piece of orange peel
Ground cinnamon for dusting
Strawberries and whipped cream for garnish

Prepare the syrup: To a medium saucepan, add the water, sugar, honey, cinnamon sticks, cloves, and orange peel. Boil for 5 minutes then lower the heat and simmer gently. Remove the cinnamon, clove, and orange peel before pouring. In another larger saucepan, over medium high heat, add the oil and heat until shimmering. Add the coarse semolina and cook, stirring frequently to prevent sticking. Cook the semolina in the oil until the grains begin to toast and turn a deep golden color. Remove the pot from the heat and carefully add the hot syrup to the semolina mixture. The semolina is going to sizzle, bubble, and spatter, so be careful not to burn yourself. Stir in the walnuts, raisins, and continue to cook until the semolina absorbs all the liquid. Cover the pot tightly and set aside to cool for 10-15 minutes. Spoon the mixture into a pudding mold or into individual ramekins. Allow the pudding to cool to room temperature before serving. To serve, sprinkle with cinnamon, strawberries, and whipped cream.

SPINACH PIE

Serves: 12

1 cup chopped onion
2 pound bag fresh spinach
3 eggs
1 cup crumbled feta
2 cups olive oil
1 pound box phyllo dough sheets
1/2 cup minced mint

In large bowl, chop spinach, stir in chopped onion, crumbled feta, and herbs until well mixed. Beat 3 eggs in small bowl and add to mixture. Set spinach mixture aside. Place small bowl of olive oil out, with a basting brush. Preheat oven to 350 degrees. For the pie crust, lay out five sheets of phyllo at a time, on greased half sheet pan. Baste the fifth sheet lightly with olive oil and spread half of the spinach mixture over the top. Lay out two more sheets basting them lightly and spread the rest of the spinach mixture over. Lay remaining sheets basting each one until finished.

Tuck inner edges and score into 3-by-12 pieces. Place the baking sheet into the oven until golden brown. Bake for approximately 1 1/2 hours.

Note: Can be frozen and baked at a later time.

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Juggling 2 jobs takes balance and planning

BY MARY LORENZ
CAREERBUILDER

If you're one of the millions of Americans who works a side job in addition to a full-time job, you probably also struggle to find the time or energy to do anything outside of work.

But carving out time for yourself on even the busiest of days is not only doable, it's essential. Just as it did to Jack Torrance in "The Shining," an "all work and no play" mentality has the potential to make you lose your mind a little bit.

Get tips from career experts and those who have been in your shoes about how to successfully juggle two jobs and a personal life — all while maintaining your sanity.

Identify your goals and priorities.

"When people are balancing multiple commitments, it is important to identify their main goals," says Marie Levey-Pabst, a life-balance consultant. She recommends setting goals and priorities not just for your professional life, but for your personal life as well. This may entail seeing friends twice a week or having a date night with your partner.

Having specific objectives allows you to focus your energy where it's most important, use your time efficiently and



THINKSTOCK

avoid burnout, she says.

Forget work-life balance; think work-life separation.

Trying to hold down two jobs is stressful enough. Adding a work-life balance expectation "seems like another demand that adds to our stress," says Dave Popple, a corporate psychologist and president of Psynet Group. Instead of striving for work-life balance, he suggests starting small with work-life separation. To do this, he advises setting aside five 25-minute sessions each day to focus solely on

work. This means avoiding distractions such as email and silencing your phone. "When you master the ability to be fully focused on your work, you will accomplish more," Popple says. "It will also teach you how to be fully focused on your family, friends, hobbies, etc., when you are not working."

Be realistic.

"Often, we allow others to create unrealistic deadlines or expect more from ourselves than we are capable," says Melissa Heisler, author of "From Type A to Type Me: How

to Stop 'Doing' Life and Start Living It." But this mentality of trying to be everything to everyone at all times is not only unrealistic, it's unnecessarily stressful. Instead, manage expectations early on with clients in terms of timelines, availability and scheduling conflicts, Heisler says.

Be proactive.

"Burnout hits us when we spend our days in reactionary mode," Heisler says. "When we are overloaded by the responsibilities of multiple jobs, we can feel constantly behind, making us react unconscious-

ly to every emergency." Take a moment to analyze your to-do list and prioritize each task before jumping in. Then, instead of trying to tackle a week's worth of goals in a day, take it one step at a time. "Create reasonable daily and weekly goals based on company needs and your abilities in the circumstances."

Take care of yourself.

"Maintaining your energy level is crucial if you are going to have two jobs," says Melissa Jirovec, an Ontario-based health and happiness coach. Take care of your physical needs by eating well, exercising and getting enough sleep. Unfortunately, when schedules get hectic, those things are usually the first to go. Keep them front of mind by carving out time for them in your schedule — even if it's only 10 minutes — and stick to it. "Ignoring these needs will only drain you and make it harder for you to get through your days," Jirovec says. "Always make sure you are taking care of you, so you can go out there and kick butt."

Mary Lorenz is a writer for the Advice & Resources section on CareerBuilder.com. She researches and writes about job-search strategy, career management, hiring trends and workplace issues.

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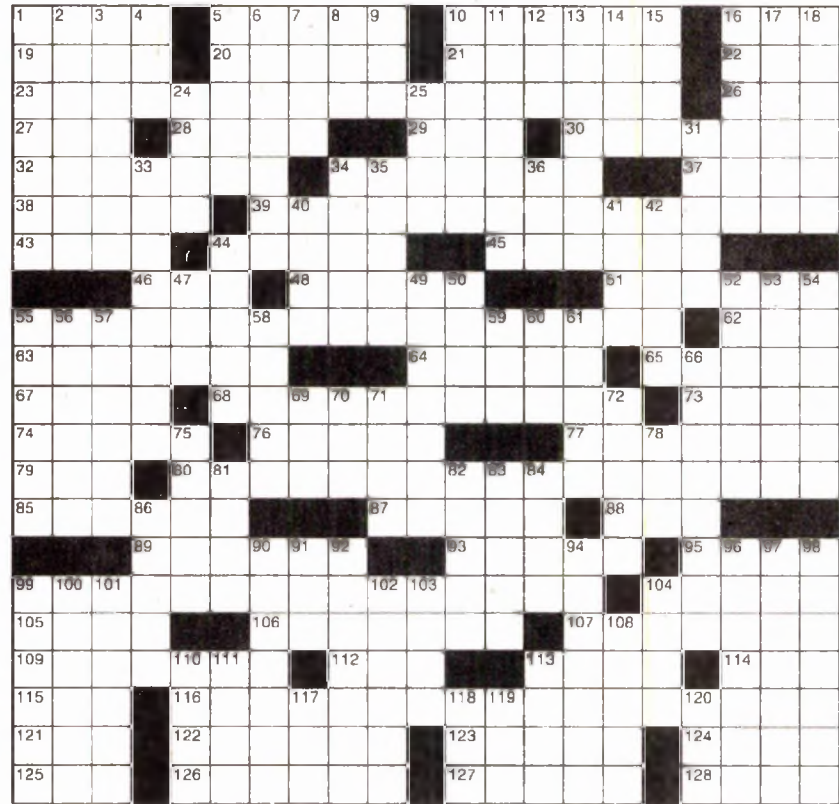
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ACROSS

- 1 Flight board
- 5 Entrap
- 10 Entrap
- 16 Lays flat in the ring
- 19 Diamond with many hits
- 20 Suffers defeat
- 21 "Recovery" rapper
- 22 Gardner of film
- 23 Women's suffrage leader
- 26 Kept out of sight
- 27 Spherical body
- 28 Swing back and forth
- 29 Bonzo, e.g.
- 30 Grappled, rural-style
- 32 Journal keeper
- 34 Kind of deodorant
- 37 Helper
- 38 Nobody — business
- 39 Actress who played Marcia in "The Brady Bunch Movie"

DOWN

- 2 With crying
- 3 Home of military craft
- 4 Camera type, in brief
- 5 Oodles
- 6 Ruling from a plate umpire
- 7 Washed-out
- 8 Mens — (criminal intent, in law)
- 9 Mind-reading skill
- 10 Inclusion vessel
- 11 More than a little forgetful
- 12 Actor Cage, to pals
- 13 Made knotty
- 14 "— Smile Be Your Umbrella"
- 15 Rescue crew
- 16 "The Prophet" author — Gibran
- 17 Spanish city
- 18 Less happy
- 24 Cow-horned deity
- 25 Earth's neighbor
- 31 Authority

ACROSS

- 43 Like some red hair
- 44 "— it is!"
- 45 Core military groups
- 46 — -jongg (tile game)
- 48 Force (upon)
- 51 Glucose, to fructose
- 55 "We can only do this as a pair"
- 62 Bullring shout
- 63 Fender, fan belt or fuel line
- 64 Rice- (boxed food mix)
- 65 Savory spreads
- 67 Pianist Gilels
- 68 Measure of national economic health
- 73 In — (within a living organism)
- 74 Tower of —
- 76 Acting parts
- 77 More brutal
- 79 — mode
- 80 It might include light therapy
- 85 Alternative to frozen yogurt
- 87 De-knot

DOWN

- 88 Passing vote
- 89 Composer
- 93 Some frozen waffles
- 95 Little-seen
- 99 Three-point buzzer
- 104 River in Italy
- 105 Baseball's Hersheiser
- 106 Singer Tony
- 107 Call before the court
- 109 Most dismal
- 112 CBS hit with two spin-offs
- 113 Jai — (relative of handball)
- 114 In — time
- 115 U.S. "Uncle"
- 116 Their titles are found at the starts of 23-, 39-, 55-, 68-, 80- and 99-Across
- 121 Feasted on
- 122 Clandestine
- 123 Nunavut native
- 124 As blind as —
- 125 Get bronze
- 126 See 60-
- 127 Fill in for
- 128 Amateur

DOWN

- 33 State tree of Rhode Island
- 34 What "→" is
- 35 Letters sung by kids
- 36 Stop — dime
- 40 Hold to test the weight of
- 41 H.S. math
- 42 Fable penner
- 44 Heat: Prefix
- 47 Abbr. on an FBI poster
- 49 Ernulates a homebody
- 50 Spelling of "Scream 2"
- 52 Not fixed in one place
- 53 Late morning hour
- 54 Getaway site
- 55 Cooling pack
- 56 "Hot" dish
- 57 Clan-related
- 58 Mixes up
- 59 Whole bunch
- 60 With 126-
- 61 Brother's daughter
- 66 Rosary prayer
- 69 Upper Midwest's —
- 70 State tree of North Dakota
- 71 Contact lens care brand

- 72 "ER" pictures
- 75 Ballerina-like
- 78 Onetime
- 81 Arapaho foe
- 82 SALT I topic
- 83 Close-lifting
- 84 — Park (part of Queens)
- 86 Pertain
- 90 Clinical scientist, for short
- 91 Mineral suffix
- 92 Penny — (slingshot)
- 94 Earache, formally
- 96 Comply with
- 97 Habitual
- 98 Mexico's Zedillo
- 99 Filled in for a pooch owner
- 100 Pprint goats
- 101 Sailors
- 102 First stages
- 103 No, to Klaus
- 104 Set of three
- 108 Spouts off
- 110 Petrol brand
- 111 Dele under prayer
- 113 "— some kind of —?"
- 117 — K
- 118 Sorento and Soul maker
- 119 U.S. "Lid."
- 120 Brewpub tub

SUDOKU

	9		7					6
		2		5				1
1					2	4	8	
	4	3		1				2
8			4				7	
	7				6			9
	3			7	5	2		
2				6				5
		5	8					3

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

6	3	9	4	2	8	5	1	7
5	7	1	8	9	6	4	8	2
8	4	2	5	7	1	6	3	9
4	6	3	9	8	2	1	7	5
1	5	7	6	3	4	9	2	8
2	9	8	7	1	5	3	4	6
3	8	4	2	6	9	7	5	1
7	1	6	8	5	3	2	9	4
9	2	5	2	4	1	5	2	3

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G S B H I Y R E P E T I T I O N R S E
P O W E R L S L A E T U L G Y C A D R
N I N N U R C S L A N I M O D B A I D
A C T I V I T Y T G T L L L I H E O U
W R T D A I L Y C Y N P Y I U T V T M
L E B R A B A A U I K I X L F D S L B E
A G N I K L A W N O B R H C I T K E E
D C O N T R A C T I O N P C U M I D L
Y R A T N E D E S L A M P F T M A N L
A T R O P H Y Y T I L L I B I X E L F G
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P I C S E L Y T S E F I L X M F I T T
T M U L C M D T E X T E N S I O N F S
O N Y T R E A D M I L L W T B U R N E
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N C I R C U I T E S T A F Y D O B C F

WORDS

- ABDOMINALS
- ABDUCTOR
- ACTIVITY
- AEROBIC
- ATROPHY
- BARBELL
- BICYCLING
- BODY FAT
- BURN
- CIRCUIT
- CONTRACTION
- COOL DOWN
- CORE
- DAILY
- DEHYDRATION
- DELTOIDS
- DUMBELL
- ENDURANCE
- EXTENSION
- FAMILY
- FLEXIBILITY
- GLUTEALS
- HIKING
- ISOMETRIC
- LIFESTYLE
- LIFTING
- LOADED
- POWER
- REPETITION
- RUNNING
- SEDENTARY
- STRETCHING
- TRAINING
- TREADMILL
- WALKING
- WARMUP

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

Crossword Answers

ETAS	SNARE	TANGLE	KOS
NEIL	LOSES	EMINEM	AVA
CARRIE	CHAPMAN	CATT	HID
ORB	SWAY	APE	GRASLED
DIARIST	AEROSOL	AIDE	ELSES
CHRIST	INETA	AYLOR	DYED
THERE	CADRES		
MAH	FOIST	ISOMER	
ITTAK	ESTWOT	TOTANGO	OLE
CARPART	ARONI	PATES	EMIL
MISERY	INDEX	VIVO	BABEL
ROLES	CRUELER	ALA	INSOMNIA
TREATMENT	GELATO	UNTIE	YEA
PHILIP	EGGOS	RARE	DESPERATION
SHOT	TIBER	OREL	BENNETT
ARRAIGN	GRAYEST	CSI	ALAI
DUE	SAM	STEPHEN	KING
NOVELS	ATE	SECRET	INUIT
ABAT	TIAN	OTHERS	ACTAS
TYRO			

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